IUCN Nepal

National Register of Medicinal Plants





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May 2000



His Majesty's Government
Ministry of forest and Soil Conservation

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Cover Pictures: Pages from the manuscript of Chandra Nighantu drawn towards the end of 19th century (Courtesy: Singh Durbar Vaidhyakhana Development Committee)

Left-hand side: Rajbriksha (*Cassia fistula*) occuring in the Tarai and other tropical regions of Nepal lying below 1,000 m altitude.

Right-hand side: Jatamansi (*Nardostachys grandiflora*) occuring at 3,000m to 4,000m in the alpine and subalpine zone of Nepal Himalaya.

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His Majesty's Government

MINISTRY OF FORESTS AND SOIL CONSERVATION

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Singh Darbar
Kathmandu, Nepal

FOREWORD

Biological resources play a crucial role worldwide in national development. This will be specially important in coming years due to recent development in biotechnology such as genetic engineering. Therefore, biological resources existing in Nepal should be managed and used as a national property. We should be proud that although Nepal covers not more than 0.1 percent of the world's area, it supports much higher proportion of earth's biological diversity. For example, Nepal houses more than 2 percent of the flowering plants.

Most of the rural population in Nepal depend on these biological resources for their livelihood. These resources are used as firewood, fodder, food and medicine. Medicinal plants found in Nepal are very important for curing diseases in remote areas where modern health facilities do not exist. Moreover, for people who live in high altitude mountains, medicinal plants are the only source of employment and income. Hence, development of medicinal and aromatic plants possesses a big potential in poverty alleviation. His Majesty's Government of Nepal has already realized this fact and initiated medicinal and aromatic plant based income generation program.

Conserving these biological resources is very important, because wise use of these resources can generate much higher level of employment and income than what we are getting today. The Convention on Biological Diversity (CBD) and the World Trade Organisation (WTO) requires each country to document the biological resources available in the country. Documentation of biological resources is further necessary in order to safeguard our interest as per the provision of Trade Related Intellectual Property (TRIP) rights. Preparation of this *National Register of Medicinal Plants* will go a long way in protecting our rights on our biological resources in international level.

In the context, I assure that this Ministry of Forests and Soil Conservation is very committed to managing these resources and protecting our rights. I congratulate IUCN-The World Conservation Union for initiating this very important activity and giving me an opportunity to share my feelings.

Thank you.

17 April 2000

Rabi B. Bista
Secretary

PREFACE

Conservation of natural resources and their sustainable use have had been the central theme of IUCN since its establishment in 1948. IUCN has also been supporting the cause of the fair and equitable sharing of benefits arising out of the utilisation of genetic resources as has been spelled out in the Convention on Biological Diversity. Medicinal and aromatic plants of the Himalaya have been valued since time immemorable. Further, the indigenous knowledge associated with the traditional use of healing herbs warrants special attention to ensure the equitable sharing of the benefits arising from the utilisation of such knowledge, innovations and practices. In this light it is important for national governments to be equipped with national registers and inventories of important components of biological diversity, and as such, medicinal and aromatic plants could be considered as priority component.

In Nepal basic information on medicinal plants is available due to the scientific contributions of the HMG Department of Plant Resources previously known as the Department of Medicinal Plants, ever since its establishment in 1960. Similarly the HMG Department of Ayurved, and teaching institutions like Naradevi Campus and the Central Department of Botany under the Tribhuvan University have made significant contributions to the knowledge of medicinal and aromatic plants of Nepal. All these accumulated knowledge has made us possible to put together a volume on the National Register of Medicinal and Aromatic Plants of Nepal. The list presented here is by no means a complete one and we hope that further additions will subsequently be made to record and register full range of other species to reassure national sovereignty over biological resources of Nepal.

The Department of Plant Resources and the Nepal Country Office of the World Conservation Union (IUCN) received valuable support from Ayurvedic practitioners, business communities, teaching institutions, drug companies, herb processing institutions, research councils and so on. A national forum was being formed to dwell upon the issues related to the conservation and development of Nepal's medicinal and aromatic plants. The following members of the forum deserve our appreciation and acknowledgements for their continued support and contributions.

Dr. Basundhara Bharaty (Free-Lance Herb Promoter), Mr. Dhrub Raj Bhattarai (Herbs Production and Processing Co. Ltd.), Mr. Karna Chandra Agrawal (Rakesh Traders), Dr. Madhusudan Upadhyay (Nepal Agriculture Research Council), Dr. Manjural Haque (Dabar Nepal), Dr. N.N. Tiwari (Naradevi Campus), Dr. Shyam Mani Adhikari (Singha Darbar Vaidhyakhana), Dr. Sumir Kumar Rimal (Arogya Bhavan Works), and Dr. Thakur Raj Adhikari (Department of Ayurved).

We would also like to acknowledge the contribution made by Dr. Puspa Ratna Shakya, Dr. Krishna Ram Amatya and Mr. Giridhar Amatya in gathering information for this endeavour.

Last but not least, we are grateful for the support of the Ministry of Forests and Soil Conservation through the Memorandum of Understanding with IUCN Nepal. The financial assistance of Swiss Agency for Development and Cooperation (SDC) is also gratefully acknowledged by IUCN Nepal.

Madhusudan Bista
Director General
Department of Plant Resources

Dr. Badri Dev Pande
Acting Country Representative
IUCN Nepal

TABLE OF CONTENTS

INTRODUCTION

The war against wounds and diseases caused by arrowheads or AIDS (Acquired Immune Deficiency Syndrome) has been fought collectively through out the history of human civilization. Every human community has responded to the challenges of diseases and disorders that range from cold and cough to malaria or meningitis. The secrets of healing substances almost invariable lied on natural substances bestowed upon biological diversity. Thus traditions and treaties on medicinal plants remained as the heritage of mankind. A Peruvian tree, cinchona, cured millions of people from malaria round the world, and a little shrub Rauvolfia of South Asia relieved agonizing terror of schizophrenic patients from every part of the world, and the pretty periwinkle from Madagaskar has been curing leukemia patients in the US and Europe. Similarly other substances for Cancer treatment are being sought in the Yew trees (*Taxus* spp.). However, the economic order that revolves around such global resources has failed to address the issues of fair and equitable sharing of benefits in the world arena of drug development and market mechanism. Therefore, the Convention on Biological Diversity introduced the notion of equitable sharing of benefits as one of its main stated objectives. As a result what was once regarded as the "Common heritage" of mankind has now come under national jurisdiction of states with authority to determine access and benefit sharing.

There won't be another "free periwinkle" for pharmaceutical companies of industrialized world without taking into consideration the issues of benefit sharing with the people of Madagaskar; but there is a need for a state to establish sovereignty over the property, and to recognize the conservation of biological diversity as the "common concern" of humankind.

This volume of Nepal Register of Medicinal and Aromatic Plants (MAP) is being prepared to assist His Majesty's Government of Nepal to establish property rights over biological resources. MAP is being considered as an important component of biodiversity that need priority action for conservation measures and offer the greatest potential for sustainable use, and the fair and equitable sharing of benefits.

RECORDS OF REFERENCES

Antiquity of medicinal herbs are to be traced back as far as the Vedic period 4500 BC to 1600 BC. Ayurveda, the science of life in Hinduism remains to be the main source of medical knowledge and skill in most part of South Asia including Nepal. Vaidhyas and Kabirajs followed Ayurveda in their pursuit of knowledge and practice in medicine. It has been estimated that Ayurvedic knowledge was accessed by Nepali Vaidhyas as early as about 879 AD when Susruta Samhita Sahotara was hand copied by certain Nepali

physician based at Kathmandu (vide Poornima No. 39, Aswin 2035 B.S.). Nepal's wealth of Himalayan herb is reputed in Ayurvedic medicine all over the Indian sub-continent since time immemorable. Collection of herbs for export to Indian markets and manufacturing companies devoted to Ayurvedic preparations is still a fact of life for mountain dwellers. Medicinal substances for Nepalese physicians, faith-healers, witch crafts and household remedies are largely based upon Himalayan herbs. The need of a Nepali Pharmacopoeia was being felt by medical practitioners for a very long time. The task to compile a *pharmacopoeia* was undertaken by Pandit Ghana Nath Devkota during the prime ministership of Bir Shamsher Jung Bahadur Rana (A.D.1885-1901). Pandit Devkota started to prepare "Bir Nighantu" i.e. Bir Pharmacopoeia but Bir Shamsher died much earlier before the work was completed. The work was revived again by the year 1908 (B.S. 1964) when some Indian researchers of Calcutta University visited Nepal. However, the progress was not very encouraging and the manuscript was bound into a volume under the revised name Chandra Nighantu depicting the name of reigning prime-minister. An elaborated account of the story is to be found in the book "Nepali-Nighantu" written by Kosh Nath Devkota (the son of Ghana Nath) and published by the Royal Nepal Academy in 1969 (B.S. 2025). The original hand written manuscript and accompanying drawings of plants, animals and minerals are currently being safeguarded by the Singha Durbar Vaidhya Khana Development Committee under the Ministry of Health. References of "Chandra Nighantu" and "Nepali Nighantu" are being made as far as possible for each species of plant included in the present register.

Nepal government was keen and concerned to assist herb collecting peasants and farmers, herb traders and exporters, and to botanical researchers. Government started experimental herbal farms as early as 1937 A.D. and special attempts were being made to bring about judicial sharing of benefits between collectors, dealers and exporters. The trade cycle and marketing mechanism in Nepalese herbs, however, did not see much change while considerable scientific inputs from botanical and phyto-chemical researches have already been made. The government established the Department of Medicinal Plants during the First Five Year Plan (1956-61) and a modern herbarium came into being during 1960. It published the "Catalogue of Nepalese Vascular Plants" in 1976, which enumerates 3121 species of Angiosperms, 24 species of Gymnosperms and 308 species of Pteriodophytes. Reference of this work thus denotes to the herbarium specimens housed in the National Herbarium (KATH) at Godawari. The Department of Medicinal Plants has already published the book "Medicinal Plants of Nepal" in 1970 June which included 393 medicinal plants. It was supplemented by another volume in 1984 with additional 178 species of plants. References of those works are cited to their full extent.

The history of botanical collection in the form of herbarium specimen was started by Francis (Buchanan) Hamilton during his stay at Kathmandu from April 1802 to March 1803. It was followed by Nathalia Wallich during 1820-1821 and by J.D. Hooker in 1848. All the collectings were housed in Britain at the Kew Herbarium of the Royal Botanical

Garden and at the British Museum (Natural History), London. However, systematic collection did not happen till Nepal opened its frontiers for foreigners during early 1950's, Botanical Survey of Nepal was organized as a focussed activity of the Ministry of Forests. A landmark of collaborative botanical activities between Nepalese and foreign scientists (especially British, Japanese and French) was set by the publication of "An Enumeration of the Flowering Plants of Nepal" [EFPN] Vol. I, II and III during 1978, 1979 and 1982 as a joint project of British Museum (National History) and the University of Tokyo. These volumes include a total of 5067 species that represent 26 species of Gymnosperms and 5041 species of Angiosperms (Flowering Plants). This work has been cited throughout to locate actual botanical specimens of Nepalese collection. Abbreviation used to locate the specimens are those used in the book and may be elaborated as following:

Buch.-Ham.	=	Buchanan Hamilton
PSW	=	Polunin, Sykes and Williams
SSW	=	Stainton, Sykes and Williams
TI	=	University of Tokyo Herbarium
West	=	Western Nepal
Cent.	=	Central Nepal
East.	=	Eastern Nepal
s.n.	=	Son numero i.e. without number
BM	=	British Museum
KATH	=	National Herbarium, Kathmandu

Most collectors provide numbers to their specimens. Thus, numbers refer to their respective herbarium specimen. A specimen without a number is indicated by s.n. (*Son Numero*).

SCIENTIFIC NAME

Naming a plant is not as simple as most of us like to think. Therefore a code of botanical nomenclature is followed all over the world to ensure that there is one system to follow. Thus all plant names are expressed in Latin language and each name has two words - first one depicting the generic identity and second one the specific. Each plant name is also affixed with the abbreviated name of its author. For example the plant name *Mahonia napaulensis* DC. was used by De Candole for a Napalese mahonia. He used specific epithet *napaulensis* and we follow the same for the plant in question. Other authors such as David Don used *Lilium nepalense* D.Don for a Nepalese lily. In a large number of cases a plant is known by several names depending upon various authors. The International Code of Botanical Nomenclature will allow only one valid name and the others are then cited as synonyms. For example *Nardostachys grandiflora* DC. is the valid name for Nepalese Jatamansi while the botanical name that we used earlier i.e. *Nardostahcys jatamansi* DC. is now a synonym because the name was used earlier for another plant *Valeriana jatamansi* DC. Therefore,

scientific names are being followed as per the EFPN to avoid Nomenclatural complexities and hence confusion too. Family names are also assigned following the EFPN.

Nepal is a multilingual country. It has over 108 different languages. Thus it is natural that a plant is known by several languages. Attempts are being made to provide various names used under Nepali (Nep.), Newari (Newa), Sanskrit (Sans.) and English (Eng.). It should be stressed here that other names under various languages should be incorporated in the register as they become available. In other words the register should be evolving and developing through authentic information and regular updating.

CONSERVATION STATUS

Ministry of Forests and Soil Conservation is the government authority to administer the Forest act 1993. Under the provisions of the Act, the ministry imposed restrictions on 11 medicinal herbs for their export, collection or transportation. Those plants protected by HMG regulations under the Forest Act are duly indicated in the register.

IUCN-The World Conservation Union through its large network of Species Survival Commission brings about Red Lists and Red Data Books on various species of plants and animals. Threatened categories in the Red Data Book provide a basis to undertake conservation measures. Red Data Categories used for the current register is that of the year 1997. Categories are defined as following:

Extinct (EX)

A taxon is Extinct when there is no reasonable doubt that the last individual has died.

Extinct in the Wild (EW)

A taxon is Extinct in the wild when it is known only to survive in cultivation, in captivity or as a naturalised population (or populations) well outside the past range. A taxon is presumed extinct in the wild when exhaustive surveys in known and/or expected habitat, at appropriate times (diurnal, seasonal, annual), throughout its historic range have failed to record an individual. Surveys should be over a time-frame appropriate to the taxon's life cycle and life form.

Critically Endangered (CR)

A taxon is Critically Endangered when it is facing an extremely high risk of extinction in the wild in the near future.

Endangered (EN)

A taxon is Endangered when it is not Critically Endangered but is facing a very high risk of extinction in the wild in the near future.

Vulnerable (VU)

A taxon is Vulnerable when it is not Critically Endangered or Endangered but is facing a high risk of extinction in the wild in the medium-term future.

Lower Risk (LR)

A taxon is Lower Risk when it has been evaluated, does not satisfy the criteria for any of the categories Critically Endangered, Endangered or Vulnerable. Taxa included in the Lower Risk category can be separated into three subcategories:

Conservation Dependent (cd). Taxa which are the focus of continuing taxon-specific or habitat-specific conservation programme targeted towards the taxon in question, the cessation of which would result in the taxon qualifying for one of the threatened categories above within a period of five years.

Near Threatened (nt). Taxa which do not qualify for Conservation Dependent, but which are close to qualifying for Vulnerable.

Least Concern (lc). Taxa which do not qualify for Conservation Dependent or Near Threatened.

The Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES) is a global mechanism to safeguard biological species from being extinction on account of the pressure arising from international trade of animals and plants, and their parts or products. This treaty recognizes three categories of species as listed in Appendix I, II, and III.

Appendix I contains species that the Parties have deemed to be threatened with extinction and which are, or may be, affected by trade. For these species, trade is strictly regulated and only permitted in special circumstances. Appendix I includes some highly threatened species, such as the tiger, the rhino, the giant panda, the Madagascar lemur, some crocodiles, some orchids, and some cacti.

Appendix II contains species that, although not necessarily threatened, could become so if their trade is not properly controlled. Appendix II also contains some species that look so similar to species already listed that their trade is monitored and regulated in order to make control easier. Some of the species listed in Appendix II includes: parrots, wild cats, some butterflies, and stony corals.

Trade in Appendix II species is only permitted if the exporting country issues an export permit, while in the case of Appendix I species, where extra safeguards are necessary, an import permit is also required.

Appendix III contains species that are identified by any Party as being subject to regulation in that country and which require international cooperation to control trade.

Nepal is a party to the Convention and it is important that the register make note of the species which are included in the CITES Appendices.

ACCESS AND BENEFIT SHARING

Sharing of benefits from the use of medicinal plants and traditional knowledged remains to be a complex process. A start has to be made to facilitate access to biodiversity through prior informed consent and in mutually agreed terms as has been provisioned by the Convention on Biological Diversity (CBD).

A national register of medicinal plant would pave a way to establish the mechanism for meeting the third objective of CBD i.e. the fair and equitable sharing of benefits raising out of the utilization of genetic resources, including by access to genetic resources (article 15), and by appropriate transfer of relevant technologies (article 16 &19), taking into account all rights over those resources and to technologies, and by appropriate funding. The register should be used as an authentic source to establish national sovereignty over the biological resource and indigenous knowledge system associated with it, and it will also help as an important source of information for bioprosfecting medicinal plants on the basis of traditional use.

Dr. Tirtha Bahadur Shrestha
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Natural Resource Management Unit
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ENUMERATION

ALAINCHI (*AMOMUM SUBULATUM*)

Scientific name	***Amomum subulatum*** Roxb., Coromand. Pl. 3: 75, t. 277 (1820). Baker in Hook. f., Fl. Brit. Ind. 6: 240 (1892).
Family	**Zingiberaceae**
Common name	Alainchi (Nep.); Alainchi, Ela (Newa.); Brihadela, Bahula, Sthulaila (Sans.); Big cardamom, Amomi seed (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 59 (1978) British Museum (BM) Cent.: *SSW 2752*. East: *Williams 438*; *TI 6304201*. Medicinal Plants of Nepal: 8 (1970) Nepali Nighantu # 207: 67 (1969) Chandra Nighantu # 176: 367-368
Conservation Status	Widly cultivated in eastern Nepal HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Seeds - stomachic, useful in neuralgia and also for various lungs diseases. Oil from seeds - aromatic, stimulant, stomachic and applied to eye lids to allay inflammation.

AMALA (*PHYLLANTHUS EMBLICA*)

Scientific name	***Phyllanthus emblica*** L., Sp. Pl. 982 (1753). Roxb., Fl. Ind. ed. 2, 3: 671 (1832). Hook. f. in Fl. Br. Ind. 5: 289 (1887). *Emblica officinalis* Gaertn., Fruct. 2: 122 (1791). Banerji in Rec. Bot. Surv. Ind. 19 (2): 82 (1966). C. R. Rao in Ind. For. 93: 95 (1967).
Family	**Euphorbiaceae**
Common name	Amala (Nep.); Ambah (Newa.); Aamalaki, Dhaatri (Sans.); Embelic myrobalan, Indian Gooseberry (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal 3: 198 (1982) British Museum (BM) West: *Dobremez 1871*. Cent.: *Buch.-Ham. s.n.* (type of *P. taxifolius*); *SSW 2543*. East: *Nicolson 3139; TI 6306810*. Catalogue of Nepalese Vascular Plants # 877.2: 168 (1976) Medicinal Plants of Nepal: 6 (1970) Nepali Nighantu # 573: 195 (1969) Chandra Nighantu # 19: 39-40
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Fresh fruits are acrid, cooling, diuretic, laxative and stomachic. Dry fruit is an important constituents of *"Triphala"* and *"Chyavanpras"* of Ayurvedic preparations. Useful in haemorrhage and dysentery. In combination with iron compounds, it is used as a remedy for anaemia, jaundice and dyspepsia. Root is astringent and seeds are used in asthma, bronchitis and biliousness.

ARANDI (*RICINUS COMMUNIS*)

Scientific name	***Ricinus communis*** L., Sp. Pl. 1007 (1753). Roxb., Fl. Ind. ed. 2, 3: 689 (1832). Hook. f. in Fl. Br. Ind. 5: 457 (1887).
Family	**Euphorbiaceae**
Common name	Ander, Arandi, Eranda (Nep.); Alahma (Newa.); Amanda, Chitraka (Sans.); Castor oil plant (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 199 (1982) British Museum (BM) West: *PSW 1807*. Cent.: *SSW 328*. East: *Norkett 8102*. Catalogue of Nepalese Vascular Plants # 879.1: 168 (1976) Medicinal Plants of Nepal: 2 (1970) Nepali Nighantu #371: 117 (1969) Chandra Nighantu #25: 51-52
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Useful in skin inflammation, pains, ascites, fever, asthma, bronchitis, leprosy (external use) arthritis and rheumatism. Leaves are useful in intestinal worms, night-blindness etc. Flowers are useful in glandular tumors. Seeds and oils are cathartic and aphrodisiac and used in lumbago, leprosy, constipation, etc.

ASHOKA (*SARACA ASOCA*)

Scientific name	***Saraca asoca*** (Roxb.) De Wilde in Blumea 15: 393 (1967). *Saraca indica* auct. non L.: Beddome, Fl. Sylv. 1: 57, t. 57 (1869).
Family	**Leguminosae**
Common name	Ashoka (Nep.); (Newa.); Ashoka (Sans.); Ashok tree (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 129. (1979) British Museum (BM) Cent.: *Gardner 118*. East: fide Rao, Ic. 46 (1967). Catalogue of Nepalese Vascular Plants # 214.1: 66 (1976) Medicinal Plants of Nepal: 8 (1970) Nepali Nighantu # 452: 149 (1969) Chandra Nighantu # 86: 143-144
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The bark is bitter and acrid; used as refrigerant, astringent, alexiteric, anthemintic, dumulcent, emollient; cures dyspepsia, burning sensation, diseases of the blood, biliousness, effects of fatigue, colic, piles, ulcers, menorrhangia. Flowers used in haemorrhagic dysentery.

ASURO (*JUSTICA ADHATODA*)

Scientific name	***Justica adhatoda*** L., Sp. Pl. 15 (1753). Roxb., Fl. Ind. 1: 127 (1820). *Adhatoda vasica* Nees in Wall., Pl. As. Rar. 3: 103 (1832). C. B. Clarke in Fl. Br. Ind. 4:540 (1885).
Family	**Acanthaceae**
Common name	Asuro, Vasaka (Nep.); Aaleha (Newa.); Vasa, Atarupak, Brisha (Sans.); Vasaca, Malabar Nut (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 141 (1982) British Museum (BM) West: *PSW 605*. Cent.: *Nicolson.2902*. East: *TI 6303625*. Catalogue of Nepalese Vascular Plants # 706.1: 142 (1976) Medicinal Plants of Nepal: 9 (1970) Nepali Nighantu # 78: 26 (1969) Chandra Nighantu # 27: 55-56
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Antiseptic, insecticidal. Used in cough, chronic bronchitis, asthma, phthisis, rheumatism. Leaf juice with honey is given for cough. Juice is used to stop nose bleeding and also used in urticaria.

ATIS *(ACONITUM HETEROPHYLLUM)*

Scientific name	***Aconitum heterophyllum*** Wall. [Cat. 167, n. 4722 (1831), nom. nud.] ex Royle, Ill. B. Him. t. 13 (1833); 56 (1834).
Family	**Ranunculaceae**
Common name	Atis (Nep.); (Newa.); (Sans.); Aconite (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 10 (1979) British Museum (BM) Cent.: *SSW 7466.* Catalogue of Nepalese Vascular Plants # 1.6: 31 (1976) Medicinal Plants of Nepal: 3 (1970) Nepali Nighantu # 224: 72 (1969) Chandra Nighantu # 590: 1266-1267
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Rare CITES-Category: Not applicable
Traditional uses	Non-poisonous plant and used in a variety of traditional medicines. The root is exhibited as white, yellow, red and black varieties; white variety is the best for medicinal uses; roots are bitter tonic, stomachic, digestive; alleviates dysentery and bilious complaints; good in periodic and intermittent fevers as a tonic, dyspepsia and cough.

BAJRADANTI (*POTENTILLA FULGENS*)

Scientific name	***Potentilla fulgens*** Wall. ex Hook. in B. Mag. 53: t. 2700 (1826). Lehm., Rev. Pot. 54 (1856). Hook. f. in Fl. Br. Ind. 2: 349 (1878).
Family	**Rosaceae**
Common name	Bajradanti (Nep.); (Newa.); (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 140 (1979) British Museum (BM) West: *PSW 3098* Cent.: *Wall. s.n.* (syntype of *P. splendens*); *SSW 4754.* East: *Stainton 4643.* Catalogue of Nepalese Vascular Plants # 296.11: 78 (1976) Medicinal Plants of Nepal: 90 (1970) Nepali Nighantu # 269: 85 (1969)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Root powder used for tooth powder and toothache.

BALU (*SIDA CORDIFOLIA*)

Scientific name	***Sida cordifolia*** L., Sp. Pl. 684 (1753). Roxb., Fl. Ind. ed. 2, 3:177 (1832). Masters in Fl. Br. Ind. 1: 324 (1874).
Family	**Malvaceae**
Common name	Balu (Nep.); Badyanchoh (Newa.); Bala (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 68 (1979) British Museum (BM) West: *PSW 1274*. Cent.: *SSW 8760*. East: *Wiraber 32*; ***TI*** *6300758* Catalogue of Nepalese Vascular Plants # 115.2: 50 (1976) Nepali Nighantu # 95: 31 (1969) Chandra Nighantu # 458: 990-991
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The juice of plants given in rheumatism, gonorrhoea and spermatorrhoea. Leaves are taken as vegetable in bleeding piles. Roots juice is used as sedative and cardiac stimulant. Astringent, cooling, tonic.

BAN LASUN (*LILIUM NEPALENSE*)

Scientific name	***Lilium nepalense*** D. Don in Mem. Werner. Nat. Hist. Soc. 3: 412 (1821).
Family	**Liliaceae**
Common name	Ban lasun (Nep.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 74 (1978) British Museum (BM) West: *PSW 2429. Cent.: Wallich s.n.* (type of *L. nepalense*); *SSW 3272.* East: *Williams 1126; TI 6304153* (fr.). Catalogue of Nepalese Vascular Plants # 955.2: 181 (1976) Medicinal Plants of Nepal: 128 (1970)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bulb used in relieving pain in cardiac region, also edible.

BARALIKAND (*PUERARIA TUBEROSA*)

Scientific name	*Pueraria tuberosa* (Roxb. ex Willd.) DC. in Ann. Sci. Nat. 4: 97 (1825); Prodr. 2: 40 (1825).
Family	**Leguminosae**
Common name	Baralikand (Nep.); (Newa.); Bhumikushmand, Kandapalasha (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 128 (1979) British Museum (BM) West: *Stainton 6156*. Cent.: *Stainton 5597*. Catalogue of Nepalese Vascular Plants # 268: 74 (1976) Medicinal Plants of Nepal: 93 (1970) Chandra Nighantu # 652: 1390-1391
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Cooling, aphrodisiac, emetic, tonic, lactogogue, diuretic, alterative; clears the voice, cures biliousness, burning sensation, urinary discharges.

BARRO (*TERMINALIA BELLIRICA*)

Scientific name	***Terminalia bellirica*** (Gaertn.) Roxb., Pl. Corom. 2: 54, t. 198 (1805), 'bellerica'. C. B. Clarke in Fl. Br. Ind. 2: 445 (1878), 'belerica'. Exell in Fl. Males. 4: 569 (1954). Kanai in Fl. E. Him. 220 (1966).
Family	**Combretaceae**
Common name	Barro (Nep.); Balah (Newa.); Vibhitak, Vibhitaki (Sans.); Bastard myrobalan, belleric myrobalan (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 168 (1979) British Museum (BM) Cent.: *Stainton 5969.* East: *TI 6300714; Stainton 93.* Catalogue of Nepalese Vascular Plants # 330.1: 86 (1976) Medicinal Plants of Nepal: 93 (1970) Nepali Nighantu # 594: 206 (1969) Chandra Nighantu # 331: 491-492
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Tonic, astringent, laxative, antipyreti, narcotic. Used in piles. dropsy. Fruits are used in cough, hoarseness, and eye disease. It is one of the constituents of "*Triphala*" of Ayurvedic preparation used for liver and gastrointestinal tracts.

BEL (*AEGLE MARMELOS*)

Scientific name	***Aegle marmelos*** (L.) Correa in Tr. Linn. Soc. 5: 222 (1800).
Family	**Rutaceae**
Common name	Bel (Nep.); Bel (Newa.); Vilva, Biranab (Sans.); Bael tree, Bengal Quince (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 81 (1979) British Museum (BM) West: *PSW 682. Cent.: SSW 5849.* East: *Stainton 6922.; TI 6301119.* Catalogue of Nepalese Vascular Plants # 138.1: 55 (1976) Medicinal Plants of Nepal: 100 (1970) Nepali Nighantu # 585: 200 (1969) Chandra Nighantu # 131: 267-268
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Ripe fruit-laxative, against constipation and dyspepsia. Unripe fruit - astringent, digestive and against dysentery. Roots bark is used against fever, and preparation of 'Dasmula'.

BHALÁYO (*SEMECARPUS ANACARDIUM*)

Scientific name	***Semecarpus anacardium*** L. f., Suppl. Pl. 182 (1781). Roxb., Fl. Ind. ed. 2, 2: 83 (1832).
Family	**Anacardiaceae**
Common name	Bhaláyo (Nep.); Bhalah (Newa.); Bhallataka, Bhatratak (Sans.); Marking-nut tree (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 102 (1979) British Museum (BM) West: *PSW 5805*. Cent.: *Stainton 5966*. East: *S & W 8196*; ***TI** 6301212* (fr.). Catalogue of Nepalese Vascular Plants # 201.1: 64 (1976) Medicinal Plants of Nepal: 103 (1970) Chandra Nighantu # 195: 407-410
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Fruit is acrid, hot, used as anthelmintic, used in dysentery, fevers, also useful in insanity, asthma, acute rheumatism and arthritis.

BHALE-SUNPATI (*RHODODENDRON LEPIDOTUM*)

Scientific name	***Rhododendron lepidotum*** Wall. [Cat. 22, n. 758 (1829), nom. nud.] ex G. Don, Gen. Syst. 3: 845 (1834). Royle, Ill. B. Him. 260, t. 64 (1835).
Family	**Ericaceae**
Common name	Bhale-sunpati, Shukdhukpa, Dhupi (Nep.); (Newa.); (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 58 (1982) British Museum (BM) West: *PSW 1535*. Cent.: *Wall. 758A*. (type of *R. lepidotum*); *SSW 2914*. East: *Stainton 404; TI 6304914* (fr.). Catalogue of Nepalese Vascular Plants # 547.18: 118 (1976)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves are aromatic, used in incense, stimulant. Essential oil obtained from leaves are used in high grade perfume.

BHANG (*CANNABIS SATIVA*)

Scientific name	***Cannabis sativa*** L., Sp. Pl. 1027 (1753). Roxb., Fl. Ind. ed. 2, 3: 772 (1832). Hook. f. in Fl. Br. Ind. 5: 487 (1888).
Family	**Cannabaceae**
Common name	Bhang, Ganja (Nep.); Gaji (Newa.); Bhanga (Sans.); Indian Hemp, Hemp (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 208 (1982) British Museum (BM) West: *PSW 3996.* Cent.: *Wall. 4665G; SSW 1590* (fl.); *Gardner 267* (fr.). East: *Williams 947; TI 6304751.* Catalogue of Nepalese Vascular Plants # 904.1: 171 (1976) Medicinal Plants of Nepal: 104 (1970) Nepali Nighantu # 63: 21 (1969) Chandra Nighantu # 134: 273-274
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Plant used as tonic, intoxicant, stomachic, antispasmodic, analgesic, narcotic, sedative, and anodyne; used in to relieve pain, encourage sleep and to soothe restlessness. Resinous exudate is used as *hashis.* It is also given in diarrhoea, dysentery and cholera.

BHRINGARAJ (*ECLIPTA PROSTRATA*)

Scientific name	***Eclipta prostrata*** (L.) L., Mant. Pl. 2:286 (1771). Kitam. in F. & Fl. Nep. Him. 258 (1955). *Eclipta alba* (L.) Hassk., Pl. Jav. Rar. 528 (1848).
Family	**Compositae**
Common name	Bhringaraj, Bhangerijhar (Nep.); Antali, Bhimraja, Bhinlay (Newa.); Bhringaraj, Markab, Keshranjan (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 25 (1982) British Museum (BM) West: *PSW 1215*; *Tabata et al. 469*. Cent.: *SSW 5227*; *Tabata et al. 7638*.; *Nakaso s.n.* East: *Williams 1079*; *Numata 1631*; ***TI** 6306247*. Catalogue of Nepalese Vascular Plants #. 482.1: 108 (1976) Medicinal Plants of Nepal: 106 (1993) Nepali Nighantu # 108: 35 (1969) Chandra Nighantu # 13: 25-26
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Plant juice is given to treat fever, lever problems, urinary and spleen trouble; paste is applied on wound and skin diseases.

BHUI AMALA (*PHYLLANTHUS AMARUS*)

Scientific name	*Phyllanthus amarus* Schumacher & Thonn. in Kongl. Danske Vid. Selsk. Skr. 4: 195 (1829). Webster in J. Arn. Arb. 38: 313 (1957). *Phyllanthus niruri* auct. non L.: Hook. f. Fl. Br. Ind. 5: 298 (1887).
Family	**Euphorbiaceae**
Common name	Bhui amala, Bhumyalaki (Nep.); (Newa.); Amlika (Sans.); (Eng.)
Major documentation	Medicinal Plants of Nepal: 66 (Supplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal *3*: 198 (1982) British Museum (BM) Cent.: *Wraber 119*. East: *Wraber 488*. Catalogue of Nepalese Vascular Plants # 877.3: 168 (1976) Nepali Nighantu # 161: 53 (1969)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Acrid, cooling, useful in thirst, bronchitis, leprosy, anemia, urinary discharges, biliousness, asthama, hiccough. The plant is also used as a diuretic and in menorrhogia.

BHUI AMALA (*PHYLLANTHUS URINARIA*)

Scientific name	***Phyllanthus urinaria*** L., Sp. Pl. 882 (1753). Hook. f. Fl. Br. Ind. 5: 293 (1887).
Family	**Euphorbiaceae**
Common name	Bhui amala, Bhumyalaki (Nep.); (Newa.); Amlika, Tamalika, Bhudhatri (Sans.); (Eng.)
Major documentation	Medicinal Plants of Nepal: 2 (Supplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal *3*: 198 (1982) British Museum (BM) West: *PSW 5791*. Cent.: *SSW 4037*. East: ***TI** 6306808.* Catalogue of Nepalese Vascular Plants # 877.6: 168 (1976) Nepali Nighantu # 38: 14 (1969)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Acrid, cooling, useful in thirst, bronchitis, leprosy, anemia, urinary discharges, biliousness, asthama, hiccough. The plant is much used as diuretic in dropsical affections also in gonorrhoea and other genito-urinary troubles.

BHUTKESH (*SELINUM CANDOLLII*)

Scientific name	***Selinum candollii*** DC., Prodr. 4: 165 (1830). C. B. Clarke in Fl. Br. Ind. 2: 700 (1879). Kanai in Fl. E. Him. 231 (1966).
Family	**Umbelliferae**
Common name	Bhutkesh, Bhazadri (Nep.); (Newa.); Kanthaparna (Sans.); Ragwort (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 189 (1979) British Museum (BM) West: *PSW 313.* Cent.: *Wall. 582* (type of *S. candollii*); *SSW 7850.* Catalogue of Nepalese Vascular Plants # 391.2: 95 (1976)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used in cough and cold.

BHUTKESH (*SELINUM TENUIFOLIUM*)

Scientific name

Selinum tenuifolium Wall.[Cat. 18, n, 579 (1829), nom. nud.] ex C. B. Clarke in Fl. Br. Ind. 2: 700 (1879).
Selinum tenuifolium var *filiciformis* (Edgew.) C. B. Clarke in Fl. Br. Ind. 2: 700 (1879). C. Norman in J. B. 67: 245 (1929).

Family

Umbelliferae

Common name

Bhutkesh, Bhazadri (Nep.); (Newa.); Kanthaparna (Sans.); Ragwort (Eng.)

Major documentation

An Enumeration of the Flowering Plants of Nepal *2*: 189 (1979)
British Museum (BM) West: *PSW 5442*. Cent.: *Wall. 579* (type of *S. tenuifolium*); *SSW 5710*. East: *Stainton 1003.*
Catalogue of Nepalese Vascular Plants # 391.2: 95 (1976)
Medicinal Plants of Nepal: 106 (1970)

Conservation Status

HMG/N protection:	Not applicable
IUCN-Category:	Not applicable
CITES-Category:	Not applicable

Traditional uses

Used in cough and cold.

BIKHA (*ACONITUM FEROX*)

Scientific name	***Aconitum ferox*** Wall. ex Seringe, Mus. Helv. 1: 160, t. 15, f. 43 & 44 (1823).
Family	**Ranunculaceae**
Common name	Bikha (Nep.); (Newa.); (Sans.); Aconite (Eng.)
Major documentation	Medicinal Plants of Nepal: 60 (Suplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal *2*: 9 (1979) British Museum (BM) Cent.: *Wall. 4721A* (type of *A. ferox*); *SSW 8902*. East: *Dhwoj 606*. Catalogue of Nepalese Vascular Plants # 1.4: 31 (1976) Nepali Nighantu # 732: 263 Chandra Nighantu # 710: 1506-1509
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Vulnerable CITES-Category: Not applicable
Traditional uses	Poisonous plant used for curing many diseases (after careful detoxification), as a natural rodenticide and also as an effective insecticide.

BIKHA (*ACONITUM SPICATUM*)

Scientific name	***Aconitum spicatum*** (Brühl) Stapf in Ann. B. G. Calc. 10: 165, t. 106 & 107 (1905). Banerji in J. Bombay Nat. Hist. S. 51: 414 (1953). *Aconitum ferox* var. *spicata* Brühl in Ann. B. G. Calc. 5: 110 (1895).
Family	**Ranunculaceae**
Common name	Bikha (Nep.); (Newa.); (Sans.); Aconite (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 11 (1979) British Museum (BM) West: *PSW 3158.* Cent.: *SSW 7936.*East: *Stainton 1423.* Catalogue of Nepalese Vascular Plants # 1.13: 31 (1976) Medicinal Plants of Nepal: 131 (1970) Nepali Nighantu # 732: 263 (1969) Chandra Nighantu # 710: 1506-1509
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Vulnerable CITES-Category: Not applicable
Traditional uses	Tubers are deadly poisonous, used in a variety of traditional medicines, anti-pyretic and analgesic.

BIKHAMA (*ACONITUM BISMA*)

Scientific name	***Aconitum bisma*** (Buch.-Ham.) Rapaics in Növ. Közlem. 6: 164 (1907), p.p. Fletcher & Lauener in Not. B. G. Edinb. 20: 197, t. 166, f. 1 (1950). *Aconitum palmatum* D. Don, Prodr. Fl. Nep. 196 (1825)
Family	**Ranunculaceae**
Common name	Bikhma Nep.); (Newa.); (Sans.); Aconite (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 9 (1979) British Museum (BM) Cent.: *Buch.-Ham. s.n., anno 1810* (type of *Caltha bisma*); *Wall. 4723 A* (type of *A. palmatum*). Catalogue of Nepalese Vascular Plants # 1.3: 31 (1976) Medicinal Plants of Nepal: 99 (1970) Nepali Nighantu # 732: 263 (1969) Chandra Nighantu # 710: 1506-1509
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The root is intensely bitter like quinine, non-poisonous, also used as a tonic. Used in the combination with long pepper (*Piper longum* L.) for pain in the bowels, for diarrhoea, and vomiting. Externally it is used as an application for rheumatism, and sharp cuts and wounds.

BILOUNI (*MAESA CHISIA*)

Scientific name	***Maesa chisia*** Buch.-Ham. ex D. Don, Prodr. Fl. Nep. 148 (1825). C. B. Clarke in Fl. Br. Ind. 3: 509 (1882).
Family	**Myrsinaceae**
Common name	Bilouni (Nep.); (Newa.); (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 76 (1982) British Museum (BM) West: *PSW 3815* (fr.). Cent.: *Buch.-Ham. s.n.* (type of *M. chisia*); *Stainton 5207*; *SSW 2464* (fr.). East: *Stainton 124*; ***TI*** *6303043* (fr.). Catalogue of Nepalese Vascular Plants # 557.2: 121 (1976) Medicinal Plants of Nepal: 97)1970)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Root bark used as insecticidal, in syphilis.

BOJHO (*ACORUS CALAMUS*)

Scientific name	***Acorus calamus*** L., Sp. Pl.: 324 (1753). Hook. F., Fl. Brit. Ind. 6: 555 (1893). Hara, Fl. E. Himal.: 393 (1966); Photo Album Pl. E. Himal.: 7, f. 57 (1968); Fl. E. Himal. 2: 151 (1971).
Family	**Araceae**
Common name	Bojho (Nep.); Bhadra (Sans.); Sweet flag (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 87 (1978) British Museum (BM) West: *PSW 916.* Cent.: *SSW 309.* East: ***TI 6304280.*** Catalogue of Nepalese Vascular Plants # 970.1: 183 (1976) Medicinal Plants of Nepal: 101 (1970) Nepali Nighantu # 194: 63 (1969) Chandra Nighantu # 135: 275-276
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used as anti-spasmodic, carminative, used for sore throat and voice disorders, anthelmintic, used for the treatment of epilepsy and other mental ailments, chronic diarrhoea and dysentery, bronchial catarrh, intermittent fevers and glandular and abdominal tumours, insecticide, The oil is reported to have carcinogenic properties.

CHAMP (*MICHELIA CHAMPACA*)

Scientific name	***Michelia champaca*** L., Sp. Pl. 536 (1753). Roxb., Fl. Ind. ed. 2, 2: 656 (1832).
Family	**Magnoliaceae**
Common name	Champ (Nep.); Chaswan (Newa.); Chambunala, Champaka, Champeya (Sans.); Golden champa, Yellow champa, Magnolia (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 25 (1978) British Museum (BM) Cent.: *W & S 8256*; ***TI 2486.*** East: *Stainton 6888.* Catalogue of Nepalese Vascular Plants # 23.1: 36 (1976) Medicinal Plants of Nepal: 47 (1970) Nepali Nighantu # 465: 154 (1969) Chandra Nighantu # 87: 177-180
Conservation Status	HMG/N protection: Under the forest Act 1993, it is ban for felling, transportation and export. IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bark - astringent, febrifuge, stimulant, expectorant, diuretic, bile and blood affections. Flowers and fruits - stimulant, tonic, expectorant, antispasmodic, stomachic, carminative, diuretic, used in bilious conditions, leprosy, skin diseases and ulcers. Useful in cough and rheumatism.

CHHATIWAN (*ALSTONIA SCHOLARIS*)

Scientific name	***Alstonia scholaris*** (L.) R. Br. in Mem. Wern. Nat. Hist. S. 1:75 (1811, preprint 1810). Wall., Cat. 44, n. 1644 (1829). *Echites scholaris* L., Mant. Pl. 1: 53 (1767).
Family	**Apocynaceae**
Common name	Chhatiwan (Nep.); Chhatiwansin (Newa.); Sapta parna, Bishmachhad, Saptachhad (Sans.); Dita bark(Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 82 (1982) British Museum (BM) Cent.: *Makin 109* (fr.); *Dobremez 1789* (fr.). East: *Stainton 5709* (fr.). Catalogue of Nepalese Vascular Plants # 571.2: 123 (1976) Medicinal Plants of Nepal: 53 (1970) Nepali Nighantu # 621: 217 (1969) Chandra Nighantu # 205: 433-434
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bark - acrid, biter, tonic, astringent, anthelmintic, alterative, febrifuge, useful in diarrhoea and dysentery, good for chronic ulcers and dental caries. Milky juice is applied to ulcer, Tender leaves roasted, pulverised, made into poultices and used in ulcers.

CHIRAITO (*SWERTIA ALATA*)

Scientific name	***Swertia alata*** (Royle. ex D. Don) C. B. Clarke in Fl. Br. Ind. 4: 125 (1883). Banerji in Rec. B. Surv. Ind. 19 (2): 68 (1966).
Family	**Gentianaceae**
Common name	Chiraito, Tite (Nep.); Khalu (Newa.); Kirattikta, Kirat (Sans.); Chiretta (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 96 (1982) British Museum (BM) West: *PSW 3121 & 3416*. Cent.: *Yon 435. 8444.* Catalogue of Nepalese Vascular Plants # 609.2: 128 (1976) Medicinal Plants of Nepal: (1970) Nepali Nighantu # 410: 130 (1969) Chandra Nighantu # 215 & 271: 457-458 & 579
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used as tonic, febrifuge, stomachic, laxative, anthelmintic, antimalaria, antidiarrhoetic

CHIRAITO (*SWERTIA AUGUSTIFOLIA*)

Scientific name	***Swertia augustifolia*** Buch.-Ham. ex D. Don, Prodr. Fl. Nep. 127 (1825). Wall., Pl. As.Rar. 3: 2, t. 204 (1832).
Family	**Gentianaceae**
Common name	Chiraito, Tite (Nep.); Khalu (Newa.); Kirattikta, Kirat (Sans.); Chiretta (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 96 (1982) British Museum (BM) West: *PSW 1293 & 5618*. Cent.: *Buch.-Ham. s.n.* (type); *SSW 4737*. East: *Stainton 1542* ; *TI 6302624*. Catalogue of Nepalese Vascular Plants # 609.3: 128 (1976) Medicinal Plants of Nepal: 49 (1970) Nepali Nighantu # 410: 130 (1969) Chandra Nighantu # 215 & 271: 457-458 & 579
Conservation Status	HMG/N protection: Not Applicable IUCN-Category: Not Applicable CITES-Category: Not Applicable
Traditional uses	Used as tonic, febrifuge, stomachic, laxative, anthelmintic, antimalaria, antidiarrhoetic

CHIRAITO (*SWERTIA BIMACULATA*)

Scientific name	***Swertia bimaculata*** (Sieb. & Zucc.) C. B. Clarke in J. Linn. S. B. 14: 449 (1875); in Fl. Br. Ind. 4:123 (1883).
Family	**Gentianaceae**
Common name	Chiraito, Tite (Nep.); Khalu (Newa.); Kirattikta, Ḳirat (Sans.); Chiretta (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 96 (1982) British Museum (BM) East: *Stainton 1431*; ***TI*** *6302613.* Catalogue of Nepalese Vascular Plants # 609.4: 128 (1976) Nepali Nighantu # 410: 130 (1969) Chandra Nighantu # 215 & 271: 457-458 & 579
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used as tonic, febrifuge, stomachic, laxative, anthelmintic, antimalaria, antidiarrhoetic

CHIRAITO (*SWERTIA MULTICAULIS*)

Scientific name	*Swertia multicaulis* D. Don, Prodr. Fl. Nep. 127 (1825). C. B. Clarke in Fl. Br. Ind. 4: 129 (1883).
Family	**Gentianaceae**
Common name	Chiraito, Tite (Nep.); Khalu (Newa.); Kirattikta, Kirat (Sans.); Chiretta (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 97 (1982) British Museum (BM) Cent.: *Polunin 1248*. East: *Stainton 858*; *Beer 9559*; *TI 723973*. Catalogue of Nepalese Vascular Plants # 609.13: 128 (1976) Nepali Nighantu # 410: 130 (1969) Chandra Nighantu # 215 & 271: 457-458 & 579
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used as tonic, febrifuge, stomachic, laxative, anthelmintic, antimalaria, antidiarrhoetic.

CHITU (*PLUMBAGO ZEYLANICA*)

Scientific name	***Plumbago zeylanica*** L., Sp. Pl. 151 (1753). Roxb., Fl. Ind. 2: 38 (1824); ed. 2, 1: 462 (1832). C. B. Clarke in Fl. Br. Ind. 3: 480 (1882).
Family	**Plumbaginaceae**
Common name	Chitu (Nep.); (Newa); Agnimata, Chitrakà (Sans.): White flower lead wort (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 61 (1982) British Museum (BM) West: *Nicolson 2849* (fr.). Cent.: *SSW 8770.* East: *Williams 370; TI 6302002.* Catalogue of Nepalese Vascular Plants # 550.1: 118 (1976) Medicinal Plants of Nepal: 48 (1970) Nepali Nighantu # 191: 62 (1969) Chandra Nighantu # 125 & 126: 253-256
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Stimulant, diaphoretic stomachic, abortifacient, vesicant, narcotic. Used in dyspepsia, intermittent fever, diarrhoea, piles, rheumatism. Milky juice - applied in skin diseases.

CHOPCHINI (*SMILAX ASPERA*)

Scientific name	***Smilax aspera*** L., Sp. Pl.: 1028 (1753). Hook. f., Fl. Brit. Ind. 6: 306 (1892).
Family	**Liliaceae**
Common name	Chopchini (Nep.); (Newa.); Chobchini, chipantar vachha(Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 78 (1978) British Museum (BM) West: *PSW 5582*. Cent.: *SSW 8968* (fl.) *& 28622* (fr.).; *Buch.-Ham. s.n.* (type of *S. maculata*). East: *Dhwoj 0348.* Catalogue of Nepalese Vascular Plants # 967.1: 182 (1976) Medicinal Plants of Nepal: 52 (1970) Nepali Nighantu # 158: 52 (1969) Chandra Nighantu # 750: 1598-1599
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Use for the treatment of sores, gonorrhoea and other discharges from mucous membranes. Fresh juice of root is taken internally for the treatment of rheumatic pains. Demulcent, alterative and blood purifier.

CHUTRO (*BERBERIS ARISTATA*)

Scientific name	***Berberis aristata*** DC., Syst. Nat. 2: 8 (1821). Hook. in B. mag. 52: t. 2549 (1825).
Family	**Barberidaceae**
Common name	Chutro, Rasanjan (Nep.); Marpyashi (Newa.); Daruharidra, Darbi, Rasanjan (Sans.); Berberry (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 29 (1979) British Museum (BM) West: *Dobremez 2088*. Cent.: *Buch.-Ham. s.n.* (type); *Wall. 1474.1, p.p.* Catalogue of Nepalese Vascular Plants # 36.1: 37 (1976) Medicinal Plants of Nepal: 52 (1970) Nepali Nighantu # 693: 246 (1969) Chandra Nighantu # 541: 1168-1169
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Wood and root bark- alterative, astringent, antiperiodic, deobstruent, used in skin diseases, menorrhagia, diarrhoea, jaundice. Root decoction used in fevers. Root bark is used externally to cure eye disease.

CHUTRO (*BERBERIS ASIATICA*)

Scientific name	***Berberis asiatica*** Roxb. ex DC., Syst. Nat. 2: 13 (1821). D. Don, Prodr. Fl. Nep. 204 (1825).
Family	**Barberidaceae**
Common name	Chutro, Rasanjan, (Nep.); Marpyashi (Newa.); Daruharidra, Darbi, Rasanjan (Sans.); Berberry (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 29 (1979) British Museum (BM) West: *Flatt 163.* Cent.: *SSW 4866*; ***TI*** *726509* (fr.). East: *Stainton 4471.* Catalogue of Nepalese Vascular Plants # 36.2: 37 (1976) Nepali Nighantu # 243: 78 (1969) Chandra Nighantu # 541: 1168-1169
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Wood and root bark- alterative, astringent, antiperiodic, deobstruent, used in skin diseases, menorrhagia, diarrhoea, jaundice. Root decoction used in fevers. Root bark is used externally to cure eye disease.

CHYURI (*AESANDRA BUTYRACEA*)

Scientific name	***Aesandra butyracea*** (Roxb.) Baehni in Boissiera 11: 29 (1965). Yamazaki in Fl. E. Him. 249 (1966). *Bassia butyracea* Roxb. in As. Research. 8: 477, f. (1805)
Family	**Sapotaceae**
Common name	Chyuri (Nep.); Lhusima, Lhusipu (Newa.); Madhuka (Sam); Indian Butter tree (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 77 (1982) British Museum (BM) Cent.: *SSW 5294* (fr.). East: *Stainton 5688*; ***TI*** *6303956.* Catalogue of Nepalese Vascular Plants # 559.1: 121 (1976) Medicinal Plants of Nepal: 51 (1970) Nepali Nighantu # 369: 116 (1969)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Fatty oil from seeds is used as ointment in rheumatism, emollient for chapped hands and feet in winter.

DATIWAN (*ACHYRANTHES ASPERA*)

Scientific name	***Achyranthes aspera*** L., Sp. Pl. 204 (1753). Wall. in Roxb., Fl. Ind. 2:497 (1824).
Family	**Amaranthaceae**
Common name	Datiwan, Apamarga (Nep.); Apamarga (New.) Apamarga (Sans.); Prickly chaff flower (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 168 (1982) British Museum (BM) West: *Nicolson 2791*. Cent.: *Polunin 923*. East: ***TI** 6304227*. Catalogue of Nepalese Vascular Plants # 795.2: 154 (1976) Medicinal Plants of Nepal: 5 (1970) Nepali Nighantu # 1: 30 (1969) Chandra Nighantu # 142: 291-292
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Pungent, purgative, diuretic, astringent, used in dropsy and piles. Leaf juice is used in stomach ache, piles, skin erruptions. Roots for pyrrohea and cough.

DATIWAN (*ACHYRANTHES BIDENTATA*)

Scientific name	***Achyranthes bidentata*** Blume, Bijdr. 545 (1825). Wight, Ic. Pl. Ind. Or. 5: t. 1779 (1852).
Family	**Amaranthaceae**
Common name	Datiwan, Apamarga (Nep.); Apamarga (Newa.); Apamarga (Sans.); Prickly chaff flower, two-toothed chaff flower (Eng.)
Major documentation	Medicinal Plants of Nepal: 69 (Supplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal *3*: 168 (1982) British Museum (BM) Cent.: ***TI*** *721752* East: ***TI*** *6304255* Catalogue of Nepalese Vascular Plants # 795.3: 154 (1976) Nepali Nighantu # 92: 30 (1969) Chandra Nighantu # 142: 291-292
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The plant is used as diuretic and astringent. White variety-bitter, pungent, heating, laxative, stomachic, itching, pain in the abdomen, ascites, dyspepsia, dysentery. Seeds are useful in piles. Red variety-pungent, cooling, emetic, constipating, alexipharmic, dried plant is given in colic. Roots are used in sore throat, hypertension, amenorrhoea, retention of placenta, carbuncles, traumatic injury, asthenia of liver and kidney, tiredness in the lower part of the body and the legs and in rheumatic pain.

DHAINYARO (*WOODFORDIA FRUCTICOSA*)

Scientific name	***Woodfordia fructicosa*** (L.) Kurz in J. As. S. Beng. 40 (2): 56 (1871). *Woodfordia floribunda* Salisb., Parad. Lond. t. 42 (1806).
Family	**Lythraceae**
Common name	Dhainyaro, Amar phool (Nep.); (Newa.); Dhataki, Dhatupuspi (Sans.); Fire flame bush (Eng.).
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 173 (1979) British Museum (BM) West: *PSW 3627.* Cent.: *SSW 119.* East: *Williams 315* (fr.); ***TI 6306604.*** Catalogue of Nepalese Vascular Plants # 347.1: 89 (1976) Medicinal Plants of Nepal: 72 (1970) Nepali Nighantu # 248: 79 (1969) Chandra Nighantu # 193: 404
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Flowers used in haemorrhage, dysentery, menorrhagia, stomach troubles, and leucorrhoea etc.

DHASINGARE (*GAULTHERIA FRAGRANTISSIMA*)

Scientific name	*Gaultheria fragrantissima* Wall. in As. Research. 13: 397, t. (1820); Cat. 23 n. 765 (1829). Hook. f. in B. Mag. 98: t. 5984 (1872).
Family	**Ericaceae**
Common name	Dhasingare, Machino, Patpate, Kolomba (Nep.); (Newa.); (Sans.); Wintergeen (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 55 (1982) British Museum (BM) West: *PSW 726 & 463* (fr.). Cent.: *Wall. s.n.,* ann. 1818 (type of *G. fragrantissima*); *SSW 2583.* East: *Stainton 4459*; *TI 6304419.* Catalogue of Nepalese Vascular Plants # 544.2: 117 (1976) Medicinal Plants of Nepal: 78 (1970)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Insecticidal. The wintergreen oil (Oil of Gaultheria) is obtained from the leaves by distillation. The oil is aromatic, stimulant and carminative. It is used as in the form of liniments or in the form of a ointment in acute rheumatism, muscular aches, sprains, headache and scaitca. Oil is also used as an ingredient in mouthwash, toothpest etc.

DHATURA (*DATURA METEL*)

Scientific name	***Datura metel*** L., Sp. Pl. 179 (1753). Sims in B. Mag. 35: t. 1440 (1812).
Family	**Solanaceae**
Common name	Kalo dhatura (Nep.); Haku dudhale (Newa.); Krishnadhustura (Sans.); Thorn a le, Downy datura (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 109 (1982) British Museum (BM) West: *PSW 1289 & 5830.* Cent.: *SSW 7647 & 8693* (fr.). East: *Williams 429* ; *Stainton 66*; ***TI*** *1248.* Catalogue of Nepalese Vascular Plants # 640.2: 132 (1976) Medicinal Plants of Nepal: (1970) Nepali Nighantu # 747: 270 (1969) Chandra Nighantu # 14: 27-30
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Seed, leaves and roots are used in insanity, fever with catarrhal and cerebral complication, diarrhoea and skin diseases. Dried leaves and flower are used in bronchial astham, chronic bronchitis, epigastric pain, rheumatic pain, pain from injury and as antispasmodic, narcotic to check inflammation of the breast.

DHATURA (*DATURA STRAMONIUM*)

Scientific name	***Datura stramonium*** L., Sp. Pl. 179 (1753). Wall. in Roxb., Fl. Ind. 1: 231 (1824).
Family	**Solanaceae**
Common name	Dhatura (Nep.); Dudhale, Dhatura (Newa.); Kantaphala, Dhustura (Sans.); Thorn a le, Devil's a le (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 109 (1982) British Museum (BM) West: *Tyson 116*; *PSW 3746.* Cent.: *Fell 33*; *SSW 606.* East: *Williams 584*; ***TI** 1250* (fr.). Catalogue of Nepalese Vascular Plants # 640.3: 132 (1976) Medicinal Plants of Nepal: 28 (1970) Nepali Nighantu # 747: 270 (1969) Chandra Nighantu # 14: 27-30
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Plant is used as antispsamodic, anodyne and narcotic. Leaves are used in inhalation of smoke to cure asthma. Fruits are used as sedative and intoxicating. Juice of flower is used for ear ache and that of fruits is applied to scalp for curing dandruff and falling hairs.

DHUPI (*JUNIPERUS COMMUNIS*)

Scientific name	***Juniperus communis*** L., Sp. Pl.: 1040 (1753). *Juniperus communis* var. *saxatilis* Pallas, Fl. Ross. 1 (20: 12, t. 4, f. A (1788).
Family	**Cupressaceae**
Common name	Dhup, Dhupi (Nep.); (Newa.); (Sans.); Juniper (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *I*: 27 (1978) British Museum (BM) West: *Stainton 6341*. Cent.: *Shrestha & Bista 1840.* Catalogue of Nepalese Vascular Plants # 14.1: 30 (1976) Medicinal Plants of Nepal: 71 (1970) Nepali Nighantu # 100: 33 (1969)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The plant is bitter, pungent, acrid; heating; appetizer; carminative, anthelmintic, alexipharmic, laxative; useful in diarrhoea, abdominal pains, strangury, diseases of the spleen and abdomen, ascites, tumors, piles, bronchitis, indigestion, constipatioon, vaginal discharges; fruit has a bad taste, aphrodisiac, styptic, useful in asthama, stomachic, hemicrania; useful in chronic bronchitis, disease of the liver and spleen, applied in hydrocele, and prolapse of the rectum; oil from the fruit is emmenagogue, abortifacent, tonic, anthelmintic, good for earache, toothache, piles, cooling to the brain.

DHUPI (*JUNIPERUS INDICA*)

Scientific name	***Juniperus indica*** Bertol., Misc. Bot 23: 228, t. 1 (1862); in Mem. Acad. Sci. Bologna ser. 2, 1: 228, t. 1 (1862). Franco in Port. Acta Biol. ser. B, 9: 188 (1968).
Family	**Cupressaceae**
Common name	Dhup, Dhupi (Nep.); (Newa.); (Sans.); Black juniper (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 27 (1978) British Museum (BM) West: *PSW 962.* Cent.: *SSW 7242.* East: *Stainton 4515.* Catalogue of Nepalese Vascular Plants # 14.2: 30 (1976)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The plant is bitter, pungent, acrid; heating; appetizer; carminative, anthelmintic, alexipharmic, laxative; useful in diarrhoea, abdominal pains, strangury, diseases of the spleen and abdomen, ascites, tumors, piles, bronchitis, indigestion, constipation, vaginal discharges; fruit has a bad taste, aphrodisiac, styptic, useful in asthama, stomachic, hemicrania; useful in chronic bronchitis, disease of the liver and spleen, applied in hydrocele, and prolapse of the rectum; oil from the fruit is emmenagogue, abortifacent, tonic, anthelmintic, good for earache, toothache, piles, cooling to the brain.

DHUPI (*JUNIPERUS RECURVA*)

Scientific name

Juniperus recurva Buch.-Ham. ex D. Don, Prodr. Fl. Nepal.: 55 (1825). Hook. f., Fl. Brit. Ind. 5; 646 (1888).

Family

Cupressaceae

Common name

Dhup, Dhupi (Nep.); (Newa.); (Sans.); Drooping juniper (Eng.)

Major documentation

An Enumeration of the Flowering Plants of Nepal *I*: 28 (1978)
British Museum (BM) Cent.: *Buch.-Ham. s.n.* (type of *J. recurva*); *Polunin 494.* East: *Stainton 4514.*
Catalogue of Nepalese Vascular Plants # 14.3: 30 (1976)
Medicinal Plants of Nepal: 71 (1970)

Conservation Status

HMG/N protection:	Not applicable
IUCN-Category:	Not applicable
CITES-Category:	Not applicable

Traditional uses

The plant is bitter, pungent, acrid; heating; appetizer; carminative, anthelmintic, alexipharmic, laxative; useful in diarrhoea, abdominal pains, strangury, diseases of the spleen and abdomen, ascites, tumors, piles, bronchitis, indigestion, constipatioon, vaginal discharges; fruit has a bad taste, aphrodisiac, styptic, useful in asthama, stomachic, hemicrania; useful in chronic bronchitis, disease of the liver and spleen, applied in hydrocele, and prolapse of the rectum; oil from the fruit is emmenagogue, abortifacent, tonic, anthelmintic, good for earache, toothache, piles, cooling to the brain.

DRONAPUSPA (*LEUCAS CEPHALOTES*)

Scientific name	***Leucas cephalotes*** (Roth) Spreng., Syst. Veg. 2: 743 (1825). Wall., Cat. 56, n. 2043 (1829)
Family	**Labiatae**
Common name	Dronapuspa, Devdroni (Nep.); (Newa.); Chhatraka, Dronapuspi (Sam); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 156 (1982) British Museum (BM) West: *PSW 3601*. Cent.: *SSW 6472*. East: *Stainton 1506*; ***TI** 6306476*. Catalogue of Nepalese Vascular Plants # 766.1: 150 (1976) Medicinal Plants of Nepal: 69 (1970) Chandra Nighantu # 9 & 10: 17-20
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The plant is laxative, anthelmintic, stimulant, useful in bronchitis, jaundice, inflammation, asthma, etc.

EKLEBIR (*LOBELIA PYRAMIDALIS*)

Scientific name	***Lobelia pyramidalis*** Wall in As. Research. 13: 376 (11820); in Roxb., Fl. Ind. 2: 113 (1824).
Family	**Lobeliaceae**
Common name	Eklebir (Nep.); Ekbir (Sans.); Lobelia (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 52 (1982) British Museum (BM) West: Platt 25. Cent.: *Wall. s.n.* (type of *L. pyramidalis*); *Wall. 1302.1, p.p.* (type of *Rapuntium wallichianum*); *SSW 544.* Catalogue of Nepalese Vascular Plants # 538.4: 116 (1976) Medicinal Plants of Nepal: 16 (1970) Nepali Nighantu # 360: 113 (1969) Chandra Nighantu # 109: 221-222
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves and inflorescences are antispasmodic and poisonous.

GAMDOL (*BRACHYCORYTHIS OBCORDATA*)

Scientific name	***Brachycorythis obcordata*** (Lindl.) Summerh. in Kew Bull. 1955: 243 (1955). *Orchis obcordata* Buch.-Ham. ex D. Don, Prodr. Fl. Nepal.: 23 (1825); non Willem. (1796).
Family	**Orchidaceae**
Common name	Gamdol (Nep.);
Major documentation	An Enumeration of the Flowering Plants of Nepal *I*: 32 (1978) British Museum (BM) West: *PSW 568.* Cent.: *Buch.-Ham. s.n.* (type of *Orchis obcordata*); *Wallich 7050A; Polunin 1317.* East: *Stainton 1196.* Catalogue of Nepalese Vascular Plants # 1004.1: 187 (1976) Medicinal Plants of Nepal: 38 (1970)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Tubers are expectorant, astringent and nutritious.

GHODTAPRE (*CENTELLA ASIATICA*)

Scientific name	***Centella asiatica*** (L.) Urb. in Mart., Fl. Bras. 11: 287, t. 78 (1879). Kanai in Fl. E. Him. 229 (1966). Murata in Acta Phyt. Geobot. 25: 107 (1973). *Hydrocotyle asiatica* L., Sp. Pl. 234 (1752). Roxb., Fl. Ind. 2: 88 (1824).
Family	**Umbelliferae**
Common name	Ghodtapre (Nep.); Kholcha ghayan (New.); Brahmhi (Sans.); Water pennywort, Indian pennywort (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 185 (1979) British Museum (BM) West: *PSW 5639*. Cent.: *SSW 2770*. East: ***TI*** *6302545*. Catalogue of Nepalese Vascular Plants # 378.1: 93 (1976) Medicinal Plants of Nepal: 43 (1970) Nepali Nighantu # 148: 49 (1969) Chandra Nighantu # 2: 3-4
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves: diuretic and tonic, purify blood, and improve appetite, use in indigestion, asthma, skin diseases, and improving memory. Leaf-juice is used in treatment of liver complaints and gastric troubles. Widely used in leprosy.

GHUCHI CHYAU (*MORCHELLA ESCULENTA*)

Scientific name	***Morchella esculenta*** (L.) Pers., Syn. Fung. 618 (1801)
Family	**Helvellaceae (Ascomycetes)**
Common name	Guchi chyau (Nep.); (Newa.); (Sans.); Morell mushroom (Eng.)
Major documentation	
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Delicious food item supposed to have aphrodisiac properties, and fetching high prices even in local market.

GHUIKUMARI (*ALOE VERA*)

Scientific name	***Aloe vera*** **(L.) Burm. f., Fl. Ind.: 83 (1768, before 6 April).** ***Aloe barbadensis*** **Mill., Gard,Dict. ed. 8: Aloe n. 2 (16 April 1768).**
Family	**Liliaceae**
Common name	**Ghuikumari, Musabar (Nep.); (Sans.); Indian aloe (Eng.)**
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 70 (1978) British Museum (BM) West: *PSW 4001.* Medicinal Plants of Nepal: 43 (1970) Nepali Nighantu # 143: 48 (1969) Chandra Nighantu # 41: 83-84
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Stomachic, cooling, alterative, purgative, and emmenagogue, used against piles and rectal fisures. Useful in eye disease, tumors, enlargement of the spleen, liver complaints, vomiting. The mucilage is cooling and used to poultice inflammations and extensively used in cosmetic preparation.

GOBRESALLA/TALISPATRA (*ABIES SPECTABILIS*)

Scientific name	***Abies spectabilis*** (D. Don) Mirb. in Mém. Mus. Hist. Nat. Paris 13: 70 (1825). Kitamura in Kihara, Fauna & Fl. Nepal Himal.:81, t. 6 (1955). ***Abis webbiana*** Lindl. in Penny Cycl. 1: 30 (1833), nom. illegit.
Family	**Pinaceae**
Common name	Gobre salla, Talispatra (Nep.); (Newa.); Talispatra (Sans.); Himalayan silver fir (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *I*: 25 (1978) British Museum (BM) West: *PSW 1351, 4035 & 4198.* Cent.: *SSW 363, 783 & 1889.* Catalogue of Nepalese Vascular Plants # 6.2: 29 (1976) Medicinal Plants of Nepal: 62 (1970)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves used as carminative, expectorant, tonic, astringent, in asthma and bronchitis.

GOKHUR (*TRIBULUS TERRESTRIS*)

Scientific name	***Tribulus terrestris*** L., Sp. Pl. 387 (1753). Edgew. & Hook. f. in Fl. Br. Ind. 1: 423 (1874).
Family	**Zygophyllaceae**
Common name	Gokhur (Nep.); (Newa.); Gokhura, Gokshuru, Gochurak (Sans.); Calthrops (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 74 (1979) British Museum (BM) Cent.: *Gardner 1653.* Medicinal Plants of Nepal: 41 (1970) Nepali Nighantu # 74: 25 (1969) Chandra Nighantu # 459: 974-975
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Cooling, diuretic, tonic, aphrodisiac. Used in painful micturition, calculus affections, urinary discharges, gonorrhoeal rheumatism, and impotency; in form of infusion useful as diuretic in gout, kidney diseases.

GUJARGANO (*CISSAMPELOS PAREIRA*)

Scientific name	***Cissampelos pareira*** L., Sp. Pl. 1031 (1753). Hook. f. & Thoms., Fl. Ind. 198 (1855); in Fl. Br. Ind. 1: 103 (1872).
Family	**Menispermaceae**
Common name	Gujargano, Patha, Batulepat (Nep.); Paapagoun (Newa.); Ambasthika (Sam); False Pareira (Eng.)
Major documentation	Medicinal Plants of Nepal: 28 (Supplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal *2*: 27 (1979) British Museum (BM) West: *PSW 1957.* Cent.: *Buch.-Ham. s. n.* (type of *C. hirsuta*); *Stainton 6259.* East: *Stainton 22* ; ***TI*** *720143*; *Nicolson 3121* (type of *C. nepalensis*). Catalogue of Nepalese Vascular Plants # 30.1: 37 (1976) Nepali Nighantu # 219: 70 (1969) Chandra Nighantu # 230: 490p p.
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Stomachic, anthelmintic, digestive, febrifuge; cures skin eruption, heart trouble, burning, itching, enlarged spleen, and ulcers; useful for dyspepsia, diarrhoea, dropsy, cough and used for rheumatism.

GURJO (*TINOSPORA SINENSIS*)

Scientific name	***Tinospora sinensis*** (Lour.) Merr. in Sunyatsenia 1: 193 (1934). Lien in Acta Pyt. Sin. 13: 37, f. 2 (3) (1975). *Tinospora cordifolia* auct. non (Willd.) Hook. f. & thoms.: Bull. Dept. Med. Pl. Nep. 7: 37 (1976).
Family	**Menispermaceae**
Common name	Gurjo (Nep.); (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 29 (1979) British Museum (BM) Cent.: *Stainton 5232*. East: *Stainton 6398*. Catalogue of Nepalese Vascular Plants # 35.1: 37 (1976) Medicinal Plants of Nepal: 40 (1970) Nepali Nighantu # 1: 1 (1969) Chandra Nighantu # 226: 487-488
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bitter, stomachic, antiperiodic, antipyretic, diuretic, alterative and aphrodisiac. Used in chronic diarrhoea, chronic dysentery. Used as febrifuge and also for various urinary troubles.

HALEDO (*CURCUMA ANGUSTIFOLIA*)

Scientific name	***Curcuma angustifolia*** Roxb. in Asiat. Research. 11: 338, t. 3 (1810); Fl. Ind. 1: 31 (1820). *Curcuma longa* auct. non L.: Wall., Numer. List: 223, n 6605 (1832), p.p.
Family	**Zingiberaceae**
Common name	Haledo (Nep.); Besha (Newa.); Haladi, Aneshta (Sans.); Turmeric (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 59 (1978) British Museum (BM) Cent.: *Wallich 223; Stainton 3750.* Catalogue of Nepalese Vascular Plants # 941.2: 179 (1976) Medicinal Plants of Nepal: 129 (1970) Nepali Nighantu # 242: 77-78 (1969) Chandra Nighantu # 202: 425-426
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Aromatic, stimulant, tonic, carminative, blood purifier, antiperiodic alterative, externally applied to sprains wounds and injuries. Used in chest and abdominal distension, mucous discharge and relieve the congestion, rheumatalgia, irregular menses, amenorrhoea. Decoction of rhizomes in purulent conjuctivities; fresh juice-anthelmintic used as antiparasitic for many skin affections.

HARCHUR (*VISCUM ALBUM*)

Scientific name	***Viscum album*** L., Sp. Pl. 1023 (1753). Hook. f. in Fl. Br. Ind. 5: 223 (1886).
Family	**Loranthaceae**
Common name	Harchur, Ainjeru (Nep.); Harchu (Newa.); Gandhamadini, Jiwantika (Sans.); Mistletoe, Devil's fuge (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 191 (1982) British Museum (BM) West: *PSW 3835*. Cent.: *Buch.-Ham. s.n.* (type of *V. stellatum*); *Wall. 490*; *Nicolson 2765.* Catalogue of Nepalese Vascular Plants # 847.1: 164 (1976) Medicinal Plants of Nepal: 149 (1970) Nepali Nighantu # 149: 49-50 (1969) Chandra Nighantu # 223: 473-474
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Plant is given in the enlargement of spleen, wounds, tumour and ear disease, paste is applied on the broken limb as plaster, berries laxative, tonic, cardiotonic and aphrodisiac.

HARCHUR (*VISCUM ARTICULATUM*)

Scientific name	***Viscum articulatum*** Burm. f., Fl. Ind. 311 (1768). Hook. f. in Fl. Br. Ind. 5: 226 (1886).
Family	**Loranthaceae**
Common name	Harchur (Nep.); Harchur (Newa.); Gandhamadini, Jiwantika (Sans.); Mistletoe (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 191 (1982) British Museum (BM) West: *Dobremez 1909.* Cent.: *Buch.-Ham. s.n.* (type of *V. dichotomum*); *Dobremez 159.* Catalogue of Nepalese Vascular Plants # 847.2: 164 (1976) Medicinal Plants of Nepal: 149 (1970) Nepali Nighantu # 149: 49-50 (1969) Chandra Nighantu # 223: 473-474
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Plant is acrid, alexipharmic, useful in diseases of blood, ulcer, epilepsy, biliousness.

HARRO (*TERMINALIA CHEBULA*)

Scientific name	***Terminalia chebula*** Retz., Obs. B. 5: 31 (1789). C. B. Clarke in Fl. Br. Ind. 2: 446 (1878).
Family	**Combretaceae**
Common name	Harro (Nep.); Halah (Newa.); Haritaki (Sans.); Chebula myrobalan (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 168 (1979) British Museum (BM) Cent.: *W &S 8178*. East: *Williams 261*; ***TI*** *720977; Stainton 93.* Catalogue of Nepalese Vascular Plants # 330.2: 86 (1976) Medicinal Plants of Nepal: 150 (1970) Nepali Nighantu # 593: 204 (1969) Chandra Nighantu # 225: 477-480
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Fruits are astringent, laxative, alterative, fine powder useful in carious teeth and bleeding gums. Bark is diuretic, cardiotonic. Used in ulcer. An ingredient of "*Triphala*" of Ayurvedic preparation.

INDRAJAU (*HOLARRHENA PUBESCENS*)

Scientific name	***Holarrhena pubescens*** (Buch.-Ham.) Wall. ex G. Don, Gen. Syst. 4:78 (1837). ***Holarrhena antidysenterica*** Wall. [Cat. 44, n. 1672 (1829), nom. nud.] ex DC., Prodr. 8: 413 (1844).
Family	**Apocynaceae**
Common name	Indrajau (se.), Katunja (br.), Bankhirro (Nep.); (Newa.); Kutuja, Batsaka, Indrabrikcha (Sans.); Conessi or Tellicherry Bark (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 83 (1982) British Museum (BM) West: *Bis Ram 564; PSW 5938* (fr.). Cent.: *Stainton 5625* (fr.). East: *W & S 8545* (fl., fr.); ***TI*** *6303484* (fr.). Catalogue of Nepalese Vascular Plants # 576.1: 124 (1976) Medicinal Plants of Nepal: 13 (1970) Nepali Nighantu # 420: 135 (1969) Chandra Nighantu # 189: 393-396
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bark is bitter, powerful antidysenteric, antidiarrhoeic, anthelmintic. Used in amoebic dysentery, also prescribed in piles, leprosy. Seeds are used as astringent, carminative, febrifuge, antidysentric, anthelmintic.

INDRAYANI (*TRICHOSANTHUS TRICUSPIDATA*)

Scientific name	***Trichosanthus tricuspidata*** Lour., Fl. Cochinch. 589 (1970). Cogn. in DC., Monogr. Phan. 3: 374 (1881). *Trichosanthus palmata* Roxb., Fl. Ind. ed. 2, 3: 704 (1832). *Trichosanthus lepiniana* (Naudin) Cogn. in Monogr. Phan. 3: 377 (1881)
Family	**Cucurbitaceae**
Common name	Indrayani (Nep.); (Newa.); Mahakala (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 180 (1979) British Museum (BM) West: *PSW 577 & 5202* (fr.). Cent.: *SSW 304 & 5332* (fr.). East: *Williams 951.* Catalogue of Nepalese Vascular Plants # 371.2: 92 (1976) Chandra Nighantu # 148: 305-306
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Useful in asthma, earache, and ozoena; carminative, purgative, abortifacient; lessens inflammation; cures hemicrania, weakness of limbs, heat of brains. The seeds are emetic, purgative.

JAMANE MANDRO (*MAHONIA NEPAULENSIS*)

Scientific name	***Mahonia nepaulensis*** DC., Syst. Nat. 2: 21 (1821), excl. ß. Takeda in Not. B. G. Edinb. 6: 216, t. 1-2, 33, f. 1-5 (1917). *Berberis nepalensis* (DC.) Spreng., Syst. Veg. 2: 120 (1825).
Family	**Berberidaceae**
Common name	Jamane mandro (Nep.); (Newa.); Daruharidra (Sans.); Mahonia (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*:31 (1979) British Museum (BM) West: *PSW 3832*. Cent.: *Buch.-Ham. s.n.* (type); *Nicolson 2664*. East: *Dhwoj 0579*; ***TI* *6306949.*** Catalogue of Nepalese Vascular Plants # 37.2: 38 (1976) Medicinal Plants of Nepal: 55 (1970) Nepali Nighantu # 440: 143 (1969) Chandra Nighantu # 203: 427-430
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bark-antidysenteric, antidiarrhoeic. Berries -diuretic and demulcent in dysentery.

JAMUN (*SYZYGIUM CUMINI*)

Scientific name	***Syzygium cumini*** (L.) Skeels in U.S. Dept. Agr., Bur. Pl. Industr., Bull. 248: 25 (1912). Banerji in Rec. B. Surv. Ind. 19 (2): 45 (1966). *Myrtus cumini* L., Sp. Pl. 471 (1753). *Eugenia jambolana* Lam., Encycl. 3:198 (1789). *Syzygium jambolanum* (Lam.) DC., Prodr. 3: 259 (1828).
Family	**Myrtaceae**
Common name	Jamun (Nep.); Gunjhamsi (Newa.); Jambool (Sans.); Black Plum, Indian Blackberry, Java Plum (Eng.)
Major documentation	Medicinal Plants of Nepal: 36 (Supplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal *2*: 169 (1979) British Museum (BM) West: *Stainton 6236*. Cent.: *SSW 2741 & 5916* (fr.). East: *Stainton 6772*. Catalogue of Nepalese Vascular Plants # 335.1: 87 (1976) Chandra Nighantu # 150 & 200: 310 & 419-420
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bark - acrid, astringent, anthelmintic, useful in diarrhoea, dysentery, sore throat, bronchitis, asthma, biliousness, blood impurities, ulcers; Fruit - carminative and diuretic. Seed used in diabetes.

JATAMANSI (*NARDOSTACHYS GRANDIFLORA*)

Scientific name	***Nardostachys grandiflora*** DC., Prodr. 4:624 (1830). *N. jatamansi* DC., Prodr. 4:624 (1830).
Family	**Valerianaceae**
Common name	Jatamansi, Balchhar, Bhutle (Nep.); Naswan (Newa.); Jatamansi, Gandhamansi (Sans.); Spike Nard (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 209 (1979) British Museum (BM) West: *PSW 2333.* Cent.: *Wall. 431A; SSW 1974.* East: *Stainton 869; TI 720517* Catalogue of Nepalese Vascular Plants: # 445.1: 103 (1976) Medicinal Plants of Nepal: 54 (1970) Nepali Nighantu # 643: 225 (1969) Chandra Nighantu # 352 & 353: 760-763
Conservation Status	HMG/N protection: Crud drugs are banned for export, but no restriction on export of Jatamansi oil. IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used as biter tonic, stimulant, antispasmodic, diuretic, emmenagogue, stomachic and laxative, etc.

JHYAU (*PARMELIA NEPALENSIS*)

Scientific name	***Parmelia nepalensis*** Tayl. Hook. Lon. J. Bot. 6: 148-197 (1847).
Family	**Parmeliaceae**
Common name	Jhyau, Charila, Budhna(Nep.); (Newa.); Shaileya, Shaleja, Giripuspak, Pather Kumkum (Sans.); Lichen (Eng.).
Major documentation	Enumeration of the Lichens of Nepal :Tech. Pub. # *3*: 76 Reported from Eastern, Centeral and Western Nepal by Kurokawa (1966 & 1967); Sharma (1979); Sharma and Joshi (1980). Nepali Nighantu # 662: 231 (1969)
Conservation Status	HMG/N protection: Under the forest Act 1993, HMG/N banned on export of Lichen in crude form without processing, After processing only Lichen resinoid are allowed to export. IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used for the treatment of mental ailments including epilepsy. The paste are used as ointment and antibiotic in cuts and wound; used in dyeing stuff; used in incense stick manufacture, veterinary drugs and spices. Lichen resinoid used as a fixative in high grade perfume.

JHYAU (*PARMELIA TINCTORIUM*)

Scientific name	***Parmelia tinctorium*** Nyl. Synopsis Methodica Lichenum, vol. I. 1985-60: 430 (1860).
Family	**Parmeliaceae**
Common name	Jhyau, Charila, Budhna Nep.); (Newa.); Shaileya, Shaleja, Giripuspak, Pather Kumkum (Sans.); Lichen (Eng.).
Major documentation	Enumeration of the Lichens of Nepal :Tech. Pub. *#3*: 81 Reported from Eastern, Central and Western Nepal by Asahina (1955); Awasthi (1960); Kurokawa (1966); Sharma (1979); Kurokawa (1980); Kurokawa and Sharma (1990). Nepali Nighantu # 662: 23 (1969)
Conservation Status	HMG/N protection: Under the forest Act 1993, HMG/N banned on export of Lichen in crude form without processing, After processing only Lichen resinoid are allowed to export. IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used for the treatment of mental ailments including epilepsy. The paste are used as ointment and antibiotic in cuts and wound; used in dyeing stuff; used in incense stick manufacture, veterinary drugs and spices. Lichen resinoid used as a fixative in high grade perfume.

JHYAU (*USNEA THOMSONII*)

Scientific name	***Usnea thomsonii*** Stirt. Motyka, Monograph. 615 (1938)
Family	**Usneaceae**
Common name	Jhyau, Charila, Budhna(Nep.); (Newa.); Shaileya, Shaleja, Giripuspak, Pather Kumkum (Sans.); Lichen (Eng.).
Major documentation	Enumeration of the Lichens of Nepal :Tech. Pub. # *3*: 102 Reported from Eastern, and Western Nepal by Awasthi (1986); Awasthi (1960); Sharma (1979). Nepali Nighantu # 662: 231 (1969)
Conservation Status	HMG/N protection: Under the forest Act 1993, HMG/N banned on export of Lichen in crude form without processing, After processing only Lichen resinoid are allowed to export. IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used for the treatment of mental ailments including epilepsy. The paste are used as ointment and antibiotic in cuts and wound; used in dyeing stuff; used in incense stick manufacture, veterinary drugs and spices. Lichen resinoid used as a fixative in high grade perfume.

JIMBU (*ALLIUM HYPSISTUM*)

Scientific name	***Allium hypsistum*** Stearn in Bull. Br. Mus. Nat. Hist. (Bot.) 2: 188, t. 12 (1960).
Family	**Amaryllidaceae**
Common name	Jimbu (Nep.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 65 (1978) British Museum (BM) Cent.: *PSW 8* (type). Catalogue of Nepalese Vascular Plants # 946.3: 180 (1976) Nepali Nighantu # 203: 65 (1969) Chandra Nighantu # 725: 1544-1545
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Flavouring substance in local culinary, used to cure cough and cold, and also gastritis.

JIWANTI (*EPHEMERANTHA MACRAEI*)

Scientific name	***Ephemerantha macraei*** (Lindl.) P. F. Hunt & Summerh. in Taxon 10: 105 (1961). Banerji & Thapa in J. Bombay Nat. Hist. Soc. 67: 147 (1970).
Family	**Orchidaceae**
Common name	Jiwanti (Nep.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 41 (1978) British Museum (BM) East: *Stainton 6903; TI 6307318.* Catalogue of Nepalese Vascular Plants # 1013.13: 189 (1976) Nepali Nighantu # 7: 4 (1969) Chandra Nighantu # 740: 1576-1577
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used to prepare tonics and also used for curing rhumatism and sinusitis.

JIWANTI (*OTOCHILLUS PORRECTUS*)

Scientific name	***Otochillus porrectus*** Lindl. [ex Wall., Numer. List: 54, n. 1968 (1829), nom. nud.], Gen. Sp. Orchid. Pl. : 36 (1830). Hook. f., Fl. Brit. Ind. 5: 844 (1890).
Family	**Orchidaceae**
Common name	Jiwanti (Nep.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 41 (1978) British Museum (BM) West: *PSW 3762.* Cent.: *Wallich s.n.*; *SSW 8990.* East: *TI 6307232; Beer 25707.* Catalogue of Nepalese Vascular Plants # 1033.3: 192 (1976) Nepali Nighantu # 7: 4 (1969) Chandra Nighantu # 740: 1576-1577
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used to prepare tonics and also used for curing rhumatism and sinusitis.

KACHUR (*CURCUMA ZEDOARIA*)

Scientific name	***Curcuma zedoaria*** (Christm.) in Trans Linn. Soc. 8:354 (1807)
Family	**Zingiberaceae**
Common name	Kachur (Nep.); (Newa.); Dravida, Karchura, Gandhamulaka (Sans.); Zedoary (Eng.)
Major documentation	Medicinal Plants of Nepal: 18 (1970) Nepali Nighantu # 252: 80-81 (1969) Chandra Nighantu # 187: 389
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Stomachic, cooling, diuretic, aromatic, stimulant, carminative, applied to bruises and pains, decoction along with pepper, cinnamon and honey beneficial for colds.

KAKAD SINGHI (INSECT GALL ON *PISTACIA*) (*PISTACIA CHINENSIS*)

Scientific name	***Pistacia chinensis*** Bunge in Mém. Acad. Sci. St.-Pét. Sav. Étrang. 2: 89 (1833). subsp. *integerrima* (J. L. Stewart) Rech. f. in Fl. Iranica 63: 8 (1969). *Pistacia integerrima* J. L. Stewart in Brandis, For. Fl. 122, t. 22 (1874). Hook. f. in Fl. Br. Ind. 2: 13 (1876).
Family	**Anacardiaceae**
Common name	Kakad singhi (Nep.); (Newa.); Karkatshringhi, Ajashringhi, Chakrangi, Karkati (Sans.); Insect gall on *Pistacia* (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 101 (1979) British Museum (BM) West: *PSW 802.* Nepali Nighantu # 230: 74 (1969)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Insect galls - tonic, expectorant, used in cough, phthisis, fever, asthma etc.; Powdered insect galls fried in ghee given orally in dysentery.

KAKAD SINGHI (INSECT GALL ON *PISTACIA*) (*PISTACIA KHINJUK*)

Scientific name	***Pistacia khinjuk*** Stocks in Hook., Kew J. 4: 143 (1852). *Rhus kakrasingee* Royle, Ill. B. Him. 1: 175 (1835), nom.nud.
Family	**Anacardiaceae**
Common name	Kakad singhi (Nep.); (Newa.); Karkatshringhi, Ajashringhi, Chakrangi, Karkati (Sans.); Insect gall on *Pistacia* (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 101 (1979) British Museum (BM) West: *Stainton 6154* (fr.). Catalogue of Nepalese Vascular Plants # 199.1: 64 (1976) Nepali Nighantu # 230: 74 (1969)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Insect galls - tonic, expectorant, used in cough, phthisis, fever, asthma etc.; Powdered insect galls fried in ghee given orally in dysentery.

KAKOLI (*FRITILLARIA CIRRHOSA*)

Scientific name	***Fritillaria cirrhosa*** D. Don, Prodr. Fl. Nepal.: 51 (1825). Hook. f., Fl. Brit. Ind. 6: 353 (1892).
Family	**Liliaceae**
Common name	Kakoli, Kalchelaharo (Nep.); Koylikasvan, Kvakhachola (Newa.); Kakoli, Vayasoli (Sans.); Fritillary (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 72 (1978) British Museum (BM) West: PSW 4077. Cent.: *E. Gardner* s.n. in herb. Wallich (type); *Polunin 284*. East: *Williams 705*; ***TI*** *723509*. Catalogue of Nepalese Vascular Plants # 953.1: 181 (1976) Medicinal Plants of Nepal: 23 (1970)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The dried corms (bulbs) are given in asthma, bronchitis, and tuberculosis, also used in stopping blood flow from wound and curing pimples.

KALO SHARIVA (*ICHNOCARPUS FRUTESCENS*)

Scientific name	***Ichnocarpus frutescens*** (L.) R. Br. in Mem. Wern. Nat. Hist. S. 1: 62 (1811, preprint 1810).
Family	**Apocynaceae**
Common name	Kalo sariwa (Nep.); (Newa.); Krisnamuli, Krishnashariva, Shariva (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 83 (1982) British Museum (BM) West: *Nicolson 2781*; *Dobremez 2383* (fr.). Cent.: *SSW 8778.* East: *TI 6303480*; *Stainton 1795.* Catalogue of Nepalese Vascular Plants # 577.1: 124 (1976) Medicinal Plants of Nepal: 132 (1970) Nepali Nighantu # 656: 229 (1969) Chandra Nighantu # 628: 1342-1343
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Cooling, aphrodisiac, alterative tonic; cures vomiting, fever, biliousness, diseases of the blood, etc.

KALO SHARIVA (*CRYPTOLEPIS BUCHANANII*)

Scientific name	***Cryptolepis buchananii*** Roem. & Schult., Syst. Veg. 4: 409 (1819). Wight. Ic. Pl. Ind. Or. 2: t. 494 (1843); Ill. Ind. B. t. 182, f. 8 (1850).
Family	**Asclepiadaceae**
Common name	Kalo sariwa (Nep.); (Newa.); Krisnamuli, Krishnashariva, Shariva (Sam); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 86 (1982) British Museum (BM) West: *PSW 3719* (fr.). Cent.: *SSW 5351 & 8860* (fr.); ***TI*** *69308*. East: *Stainton 4648*; ***TI*** *723164*. Catalogue of Nepalese Vascular Plants # 590.1: 125 (1976)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Cooling, aphrodisiac, alterative tonic; cures vomiting, fever, biliousness, diseases of the blood, etc.

KALO-BIKHA (*ACONITUM LACINIATUM*)

Scientific name	***Aconitum laciniatum*** (Brühl) Stapf in Ann. B. G. Calc. 10: 168, t. 108 (1905). Banerji in J. Bombay Nat. Hist. S. 55: 250 (1958). *Aconitum ferox* var *laciniata* Brühl in Ann. B. G. Calc. 5: 111 (1895).
Family	**Ranunculaceae**
Common name	Kalo Bikha (Nep.); (Newa.); (Sans.); Nepal aconite (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 10 (1979) British Museum (BM) Cent.: *Stainton 6678* East: *Stainton 6577.* Catalogue of Nepalese Vascular Plants # 1.8: 31 (1976) Nepali Nighantu # 732: 263 (1969) Chandra Nighantu # 710: 1506-1509
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The tuberous rhizomes are highly poisonous, used in a variety of traditional medicines.

KAPHAL (*MYRICA ESCULENTA*)

Scientific name	***Myrica esculenta*** Buch.-Ham. ex D. Don, Prodr. Fl. Nep. 56 (1825). Backer in fl. Males. 4: 278 (1951).
Family	**Myricaceae**
Common name	Kaphal (Nep.); Kabasi (Newa.); Katphala (Sans.); Box Myrtle, Bay Berry, Wax Myrtle (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 213. (1982) British Museum (BM) West: *PSW 1974* (fr.). Cent.: *Buch.-Ham. s.n. ann. 1802* (type of *M. esculenata*); *Wall. s.n.* (syntype of *M. sapida*); *SSW 8684*; *TI 6304295*. East: ***TI*** *6304296*; *Stainton 4493* (fr.). Catalogue of Nepalese Vascular Plants # 915.1: 174 (1976) Medicinal Plants of Nepal: 25 (1970) Nepali Nighantu # 411: 130 (1969) Chandra Nighantu # 292: 635-636
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bark is astringent, caminative, antiseptic, useful in fever, cough, asthma, and also used in sinusitis.

KHAS KHAS (*VETIVERIA ZIZANIOIDIES*)

Scientific name	***Vetiveria zizanioidies*** (L.) Nash in small, Fl. South-ast U.S. 67. 1903
Family	**Gramineae**
Common name	Khas khas (Nep.); (Newa.); Ushir, Abhaya, Sugandhimula (Sans.); Vetiver (Eng.)
Major documentation	Medicinal Plants of Nepal: 36 (1970) Nepali Nighantu # 666: 233 (1969) Chandra Nighantu # 383: 826-827
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Cooling, stomachic, astringent, useful in burning sensations, bilious fever, sweats, foul breadth, thirst, ulcers, diseases of blood.

KHAYER (*ACACIA CATECHU*)

Scientific name	***Acacia catechu*** (L.f.) Willd., Sp. Pl. 4:1079 (1806). *Mimosa catachu* L.f., Su l. Pl. 439 (1781).
Family	**Leguminosae**
Common name	Khayer (Nep.); (Newa.); Khadira (Sans.); Catechu tree, White catachu (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 103 (1979) British Museum (BM) West: *Stainton 5463.Cent.: W&S 8277. East: Williams 288; TI 720148* (fr.). Catalogue of Nepalese Vascular Plants # 204.2: 65 (1976) Medicinal Plants of Nepal: 35 (1970) Nepali Nighantu # 362: 114 (1969) Chandra Nighantu # 240: 509-510
Conservation Status	HMG/N protection: Under the Forest Act 1993 HMG/N has banned for transportation, export and felling IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used in chronic diarrhoea, dysentery, ulceration of mouth, particularly the gum, obstinate skin diseases. The resinous extract (in powder) is given for drying wounds, it is used to kill worms in cattles. Katha, the extract is popularly used in *pan* (betel leaf).

KHIRRO (*WRIGHTIA ARBOREA*)

Scientific name	***Wrightia arborea*** (Dennst.) Mabberly in Taxon 26:533 (1977). *Wrightia tomentosa* Roem. & Schult., Syst. Veg. 4 : 414 (1819). Wight, Ic. Pl. Ind. Or. 2: t. 443 (1840-43).
Family	**Apocynaceae**
Common name	Khirro, Karingi, (Nep.); Newa.); Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 84 (1982) British Museum (BM) Cent.: *SSW 2745* ; *Wall. 1627* (type of *W. mollissima*). East: *Stainton 6852* ; ***TI*** *6303471* (fr.). Catalogue of Nepalese Vascular Plants # 585.1: 125 (1976) Nepali Nighantu # 419: 134 (1969)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Decoction of bark is given in menstural and renal complaints.

KOIRALO (*BAUHINIA VARIEGATA*)

Scientific name	***Bauhinia variegata*** L., Sp. Pl. 375 (1753). Roxb., Fl. Ind. ed. 2, 2: 319 (1832). Baker in Fl. Br. Ind. 2: 284 (1878).
Family	**Leguminosae**
Common name	Koiralo (Nep.); Kunhah, Kunhahbun (Newa.); Kachnar, Kovidara (Sans.); Mountain Ebony (Eng.).
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 109 (1979) British Museum (BM) West: *PSW 1802* Cent.: *Codrington 355.* East: *Stainton 5705*; ***TI** 727245.* Catalogue of Nepalese Vascular Plants # 211.5: 66 (1976) Medicinal Plants of Nepal: 33 (1970) Nepali Nighantu # 102 & 452: 33 & 149 (1969) Chandra Nighantu # 102: 207
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bark- Alterative, tonic, astringent, emmenagogue. Used in dysentery, piles, dyspepsia, ulcers, scorfula, sore throat, cough, bleeding piles, haematuria and menorrhagia etc. Root- decoction in dyspepsia, carminative. Fresh flowers used as laxative. Dried flower buds used in dysentery and piles, diarrhoea.

KURILO (*ASPARAGUS RACEMOSUS*)

Scientific name	***Asparagus racemosus*** Willd., Sp. Pl. 2: 152 (1799). Baker in J. Linn. Soc. Bot. 14: 623 (1875).
Family	**Liliaceae**
Common name	Kurilo, Satawari (Nep.); Shatamuli (Sans.); Asparsgus (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1: 71* (1978) British Museum (BM) *Cent.: Wallich 5154C; SSW 3982,8660* (fr.). *East: McCosh 178.* Catalogue of Nepalese Vascular Plants # 947.4: 180 (1976) Medicinal Plans of Nepal: 135 (1970) Chandra Nighantu # 128 & 129: 259-261
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used as refrigerant, demulcent, diuretic, aphrodisiac, antispasmodic, antidiarrhoea, galactagogue and in rheumatism.

KUSTH (*COSTUS SPECIOSUS*)

Scientific name	***Costus speciosus*** (Koenig) Smith in Trans. Linn. Soc. London 1: 249 (1791). Baker in Hook. f., Fl. Brit. Ind. 6: 249 (1892).
Family	**Zingiberaceae**
Common name	Kusth(Nep.); (Newa.); Kushtha (Sans.); Costus(Eng.)
Major documentation	Medicinal Plants of Nepal: 16 (Supplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal ***1***: 59 (1978) British Museum (BM) West: *PSW 5729.* Cent.: *SSW 7617.* East: *Williams 359;* ***TI*** *6304188* (fr.). Catalogue of Nepalese Vascular Plants # 940.1: 179 (1976) Chandra Nighantu # 772: 1642-1643
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The root is pungent, bitter; useful in bronchitis, fever, dyspepsia, inflammations, anaemia, rheumatism, lumbago, hiccough, tonic, anthelmintic, depurative and aphrodisiac; use for pain in the marrow, etc.

KUTKI (*PICRORHIZA SCROPHULARIIFLORA*)

Scientific name	***Picrorhiza scrophulariiflora*** Pennell in Monogr. Acad. Nat. Sci. Philad. 5:65, t. 6B (1943), *'scrophulariaeflora'.* Yamazaki in F. & Fl. Nep. Him. 224 (1955), *'scrophulariaeflora'.* Spring Fl. Sik. Him. t. 21 (1963). *Picrorhiza kurrooa* auct. non Royle: Hook. f. in Fl. Br. Ind. 4:290 (1884), p.p.
Family	**Scrophulariaceae**
Common name	Kutki (Nep.); Katuka (Sans.); Pseudo-ginseng /Ginseng (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: *126* (1982) British Museum (BM) West: *PSW 4215.* Cent.: *SSW 1190.* East: *Williams 309;* ***TI*** *720508.* Catalogue of Nepalese Vascular Plants # 671.1: 137 (1976) Medicinal Plants of Nepal: 30 (1970) Nepali Nighantu # 223: 72 (1969) Chandra Nighantu # 534: 1154-1155
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Root and rhizome are bitter, tonic, antiperiodic, cholagogue, dyspepsia, stomachic, laxative and cathartic. Also used in various liver problems.

LAGHU PATRA (*PODOPHYLLUM HEXANDRUM*)

Scientific name	***Podophyllum hexandrum*** Royle, Ill. B. Him. 64 (1834). Cambess. in Jacquem., Voy. 4 (Bot.): 10, t. 9 (1835). *Podophyllum emodi* Wall. [Cat. 24, n. 814 (1829), nom. nud. Royle, Ill. B. Him. 64 (1834), nom. nud.; 379 in adnota (1839)] ex Hokk. f. & Thoms., Fl. Ind. 1: 232 (1855), nom. illegit.
Family	**Berberidaceae**
Common name	Laghu patra (Nep.); (Newa.); (Sans.); May Apples, Indian podophylum (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 31 (1979) British Museum (BM) West: *PSW 2029*. Cent.: *Wall. 814B; SSW 8564* (fl.). East: *Stainton 349*. Catalogue of Nepalese Vascular Plants # 38.1: 38 (1976) Medicinal Plants of Nepal: 124 (1979)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Appnendix II
Traditional uses	Root and rhizome used in hepatic stimulant, chollagogue and purgative. Used in the treatment of cancer.

LODH (*SYMPLOCOS PANICULATA*)

Scientific name	***Symplocos paniculata*** (Thunb.) Miq., Ann. Mus. B. Lugd.-Bat. 3; 102 (1867).
Family	**Symplocaceae**
Common name	Lodh (Nep.); (Newa.); Lodhra (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 78 (1982) British Museum (BM) West: *Bis Ram 284*; *PSW 440* (fr.). Cent.: *Stainton 3756*; *Buch.-Ham. s.n.* (type of *S. crataegoides*). East: *Stainton 4623*. Catalogue of Nepalese Vascular Plants # 563.5: 122 (1976) Medicinal Plants of Nepal: 127 (1970) Nepali Nighantu # 247: 79 (1969) Chandra Nighantu # 814: 895-896
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bark - Astringent, cooling, useful in menorrhagia and leucorrhoea

MAHARANGI (*MAHARANGA EMODI*)

Scientific name	***Maharanga emodi*** (Wall.) A. DC. in DC., Prodr. 10: 71 (1846). I. M. Johnston in J. ARn. Arb. 35: 78 (1854). *Onosma emodi* Wall. in Roxb., Fl. Ind. 2: 11 (1824).
Family	**Boraginaceae**
Common name	Maharangi (Nep.); (Newa.); Raktadala (Sans.); Onosma(Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 102 (1982) British Museum (BM) West: *Stainton 4958*. Cent.: *Wall. 937* (isotype *O. emodi & O. vestitum*); *SSW 857*. East: *Stainton 1315*; ***TI*** *6300659*. Catalogue of Nepalese Vascular Plants # 622.2: 130 (1976) Medicinal Plants of Nepal: 107 (1970) Chandra Nighantu # 522: 1130-1131
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Cooling, laxative, anthelmintic, alexipharmic; good in diseases of the eye, derangements of the blood, bronchitis, abdominal pain, fevers, wounds, piles. Root used for hair dye and colouring.

MAJITHO (*RUBIA MANJITH*)

Scientific name	***Rubia manjith*** Roxb. ex Fleming in Ag. Research. 11: 177 (1810). Hara & Kurosawa in Sci. Rep. Tohoku Univ. Biol. 29: 259 (1963). Hara in Fl. E. Him. 315 & 652, t. 5d & t. 31a, d3 (1966). *Rubia cordifolia* L. var. *mungista* (Roxb.) Miq. in Ann. Mus. B. Lugd.-Bat. 3: 111 (1867), quoad sys. Banerji in Rec. B. Surv. Ind. 19(2): 52 (1966). *Rubia cordifolia* auct. non L., D. Don, Prodr. F. Nep. 133 (1825).
Family	**Rubiaceae**
Common name	Majitho (Nep.); (Newa.); Manjistha, Yonjanwalli (Sans.); Indian Madder (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 207 (1979) British Museum (BM) Cent.: Roxb. t. (type of *R. manjith*); ***TI*** *723766*; *SSW 8318* (fr.). East: *Stainton 1473*; ***TI*** *6300511*. Catalogue of Nepalese Vascular Plants # 440.2: 102 (1979) Medicinal Plants of Nepal: 169 (1970) Nepali Nighantu # 241: 77 (1969) Chandra Nighantu # 300: 642-643
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Tonic, astringent, antidysenteric, antiseptic, and deobstruent properties. Used in rheumatism, ulcers, inflammations and skin troubles.

MOTHE (*CYPERUS ROTUNDUS*)

Scientific name	***Cyperus rotundus*** L., Sp. Pl.: 45 (1753). Roxb., Fl. Ind. 1: 201 (1830).
Family	**Cyperaceae**
Common name	Mothe (Nep.); Kasur, Khayu kasura (Newa.); Mustaka, Bhadramusta (Sans.); Nut grass (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal ***1***: 108 (1978) British Museum (BM) West: *PSW 5215*. Cent.: *SSW 5846; Wallich 3322*. East: *Williams 86; **TI** 6300881*. Catalogue of Nepalese Vascular Plants # 1056.9: 197 (1976) Medicinal Plants of Nepal: 115 (1970) Nepali Nighantu # 225: 72 (1969) Chandra Nighantu # 377: 814-815
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Diuretic, emmenagogue, antihelminthic, diaphoretic, astringent, stimulant, useful in disorders of the stomach and irritation of the bowels. leprosy, fever, blood diseases, biliousness and dysentery.

MUSALI (*CURCULIGO ORCHIOIDES*)

Scientific name	***Curculigo orchioides*** Gaertn., Fruct. 1: 63, t. 13 (1788).
Family	**Hypoxidaceae**
Common name	Musali, Kalo musalikanda (Nep.); Musali, Talmula (Newa.); Talamulika, Krishna Talmuli, Musali, Arshoghni (Sans.); Black musale (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 67 (1978) British Museum (BM) Cent.: *SSW 3367.* East: *Stainton 6768.* Catalogue of Nepalese Vascular Plants # 997.1: 187 (1976) Medicinal Plants of Nepal: 114 (1970) Nepali Nighantu # 310: 98 (1969) Chandra Nighantu # 496: 1074-1075
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Prescribe in piles, jaundice, asthma, diarrhoea, gonorrhoea, considered demulcent, diuretic, tonic, aphrodisiac, alterative, used as poultice for itch and skin diseases. The powdered rhizomes put into cuts is said to stop bleeding and to dry up the wounds.

NAGEBELI (*LYCOPODIUM CLAVATUM*)

Scientific name	***Lycopodium clavatum*** L., Sp. Pl. ed. 1, 2:1100, 1564 (1753)
Family	**Lycopodiaceae**
Common name	Nagebeli (Nep.); (Newa.); (Sans.); Lycopodium powder (Eng.)
Major documentation	British Museum (BM) West:. Cent.: East:. Catalogue of Nepalese Vascular Plants # 2.1: 1 (1976) Medicinal Plants of Nepal: 73 (1970)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Herbs - diuretic, antispasmoodic, in form of a decoction used in rheumatism. Powder is used in treating general abdominal disorders and blood and lung infections and kidneys.

NAGKESAR (*MESUA FERREA*)

Scientific name	***Mesua ferrea*** L., Sp. Pl. 515 (1753). Roxb., Fl. Ind. ed 2, 2: 605 (1832).
Family	**Guttiferae**
Common name	Nagkesar (Nep.); Nageshor (Sans.); Iron wood (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 63 (1979) British Museum (BM) Cent.: *Stainton 6063.* East: *Williams 1043.* Catalogue of Nepalese Vascular Plants # 100.1: 48 (1976) Medicinal Plants of Nepal: 74 (1970) Nepali Nighantu # 237 & 455: 76 & 151 (1969) Chandra Nighantu # 105: 213-214
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Seed used as stimulant, alterative, fever, biliousness, foul breath, scabies, skin eruption, itiching, sore throat, cough and vomiting etc.

NEEM (*AZADIRACHTA INDICA*)

Scientific name

Azadirachta indica A. Juss. In Mém. Nat. Hist. Paris 19 : 220, t. 2, n. 5 (1830). Wight., Ic. Pl. Ind. Or. 1: t. 17 (1839). C. R. Rao in Ind. For. 93: 45 (1967).
Melia azadirachta L., Sp. Pl. 385 (1753). Roxb., Fl. Ind. ed. 2, 2; 394 (1832).

Family

Meliaceae

Common name

Neem (Nep.); Neem (Newa.); Nimba, Pichumarda, Arista (Sans.); Neem, Margosa tree (Eng.)

Major documentation

An Enumeration of the Flowering Plants of Nepal *2*: 85 (1979)
British Museum (BM) Cent.: *SSW 5305*. East.: fide Rao, l.c. (1967).
Catalogue of Nepalese Vascular Plants # 158.2: 57 (1976)
Medicinal Plants of Nepal: 70 (1970)
Nepali Nighantu # 407:129 (1969)
Chandra Nighantu # 118: 239

Conservation Status

HMG/N protection:	Not applicable
IUCN-Category:	Not applicable
CITES-Category:	Not applicable

Traditional uses

The bark is bitter; refrigerant, anthelmintic, maturant, pectoral, astringent; relieves cough, vomiting, burning senstaion near the heart, fatigue, fever; cures ulcers and inflammations; good for leprosy, urinary discharge.
The leaves are anthelmintic, alexiteric, insecticidal, good in ophthalinia, bilousness and skin diseases; tender leaves are astringent, good for cough, asthma, piles, tumors, urinary discharge. Flowers are bitter, anthelmintic, removes cough and biliousness. Fruits bitter and oily, hot purgative, anthelmintic, cures urinary discharge, skin disease, tumors, piles and toothache.

NIRMASHI (*ACONITUM GAMMIEI*)

Scientific name	***Aconitum gammiei*** Stapf in Kew Bull. 1907: 56 (1907).
Family	**Ranunculaceae**
Common name	Nirmashi (Nep.); (Newa.); (Sans.); Aconite (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 10 (1979) British Museum (BM) Cent.: *Wall. 4724* (type of *A. dissectum*); *Polunin 1912*. East: *Stainton 1675.* Catalogue of Nepalese Vascular Plants # 1.5: 31 (1976) Nepali Nighantu # 250: 80 (1969) Chandra Nighantu # 530: 1164-1165
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Non-poisonous plant and used in a variety of traditional medicines. Anti-pyretic.

NISOTH (*OPERCULINA TURPETHUM*)

Scientific name	***Operculina turpethum*** (L.) S. Manso, Enum. Subst. Bras. 16 (1836). van Ooststr. in Fl. Males. 4: 456 (1953). Bull Dept. Med. Pl. Nep. 3: 75 (1970). *Convolvulus turpethum* L., Sp. Pl. 155 (1753). *Ipomoea turpethum* (L.) R. Br., Prod. Fl. Nov. Holl. 485 (1810).
Family	**Convolvulaceae**
Common name	Nisotha, Niswanto (Nep.); (Newa.); Tribrita, Shubahaa, Rechani (Sans.); Turpeth, Indian Jalap (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 107 (1982) British Museum (BM) West: fide Bull. Dept. Med. Pl. Nep., 1.c. (1970); *PSW 5926.* Catalogue of Nepalese Vascular Plants # 633.1: 131 (1976) Medicinal Plants of Nepal: 74 (1970) Nepali Nighantu # 231 - 233: 74-75 (1969) Chandra Nighantu # 722 - 724: 1538-1543
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	White variety root- Purgative, expectorant; useful in biliousness.

NUN DHIKI (*OSYRIS WIGHTIANA*)

Scientific name	***Osyris wightiana*** Wall. [Cat. 142, n. 4036 (1831), nom. nud.] ex Wight. Ic. Pl. Ind. Or. 5: t. 1853 (1852).
Family	**Santalaceae**
Common name	Nun dhiki (Nep.); (Newa.); (Sans.); Wild tea (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 192 (1982) British Museum (BM) Cent.: *Gardner 1059*; ***TI*** *69722*. East: ***TI*** *6302552*. Catalogue of Nepalese Vascular Plants # 850.2: 164 (1976) Medicinal Plants of Nepal: 77 (1970) Nepali Nighantu # 326: 102 (1969) Chandra Nighantu # 423: 916-917
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Infusion of bark is given to women after delivery to stop bleeding; infusion of leaves has emetic properties; leaves are used as tea in the hilly regions.

OKHAR (*JUGLANS REGIA*)

Scientific name	***Juglans regia*** L., Sp. Pl. 997 (1753). Wall., Cat. 173, n. 4943 (1831-2). Roxb., Fl. Ind. ed. 2, 3: 631 (1832). Hook. f. in fl. Br. Ind. 5: 595 (1888). *Juglans regia* var. *kamaonia* C. DC. in Ann. Sci. Nat. ser. 4, 18: 32 & 33 (1862). Kitam. in F. & Fl. Nep. Him. 105 (1955).
Family	**Juglandaceae**
Common name	Hade okhar (Nep.); Khosin (Newa.); Ashotaka (Sans.); Walnut (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 212 (1982) British Museum (BM) West: *PSW 737*. Cent.: *Proud 207*. East: *McCosh 186*. Catalogue of Nepalese Vascular Plants # 914.1: 173 (1976) Medicinal Plants of Nepal: 17 (1970) Nepali Nighantu # 546: 184 (1969) Chandra Nighantu # 120: 244
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves - astringent, tonic, decoction anthelmintic. Bark - anthelmintic and detergent; root bark - decoction used for hair growth tonic. Green rind of unripe fruit is used to intoxicate fish and for tanning and dyeing. Fruit - alterative in rheumatism.

PADAM PUSKAR (*IRIS DECORA*)

Scientific name
Iris decora Wall., Pl. Asiat. Rarior. 1: 77, t. 86 (1830). Schilling In J. Roy hort. Soc. 94: 225, t. 100 (1969). Hara, Fl. E. Himal. 2: 175, t. 5b (1971).
Iria nepalensis D. Don, Prodr. Fl. Nepal.: 54 (1825); non Wall. ex Lindl. (1824). Hook. f., Fl. Brit. Ind. 6: 273 (1892).

Family
Iridaceae

Common name
Padam puskar (Nep.); (Newa.); Padampuskar (Sans.); Iris (Eng.)

Major documentation
An Enumeration of the Flowering Plants of Nepal *1*: 64 (1978)
British Museum (BM) West: *PSW 106*. Cent.: *Wallich s.n.* (type of *I. nepalensis & I. decora*); *SSW 3084*. East: *Stainton 410*.
Catalogue of Nepalese Vascular Plants # 991.2: 185 (1976)
Medicinal Plants of Nepal: 79 (1970)

Conservation Status

HMG/N protection:	Not applicable
IUCN-Category:	Not applicable
CITES-Category:	Not applicable

Traditional uses
Root- deobstruent, aperient, diuretic, useful in bilious obstruction; used externally as an application to small sores and pimples.

PADAMCHAL (*RHEUM AUSTRALE*)

Scientific name	***Rheum australe*** D. Don, Prodr. Fl. Nep. 75 (1825). Sweet, Br. Flow. g. 3:t.269 (1828). *Rheum emodi* Wall. [Cat. 47, n. 1727 (1829), p.p., nom. nud.] ex Meisn. in Wall., Pl. As. Rar. 3: 65 (1832), p.p. Hook. in B. Mag. 63: t. 3508 (1836).
Family	**Polygonaceae**
Common name	Padamchal (root and rhizome), Chulthi amilo (petioles) (Nep.); Pit muli, Revatchini (Sans.); Himalayan rhubarb (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 179 (1982) British Museum (BM) Cent.: *Wall. 1727.1* (lectotype of R. australe, K-W); *SSW 3098 & 7794* (fr.). East: *Williams 660.* Catalogue of Nepalese Vascular Plants # 817.2: 159 (1976) Medicinal Plants of Nepal: 78 (1970) Nepali Nighantu # 221: 71 (1969) Chandra Nighantu # 632: 1350-1351
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Himalayan rhubarb has sharp bitter taste; used as a purgative, astringent tonic, useful in a tonic dyspepsia. powdered roots are used for cleaning teeth; for quick healing of ulcers; for dyeing fabrics. Cooked leaf-stalks: purgative and preservative.

PADAMCHAL (*RHEUM NOBILE*)

Scientific name	***Rheum nobile*** Hook. f. & Thoms. in Hook. f., Ill. Hi. Pl. t.19 (1855). Hook. f. in Fl. Br. Ind. 5: 57 (1886). Liv. Him. Flkow. t. 152-153 (1964). Hara in Fl. E. Him. 75 (1966): 3: t, 1 (1975).
Family	**Polygonaceae**
Common name	Padamchal (Nep.); Revatchini (Sans.); Himalayan rhubarb (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 179 (1982) British Museum (BM) East: *Beer 8286; **TI** 722200.* Catalogue of Nepalese Vascular Plants # 817.4: 159 (1976) Nepali Nighantu # 221: 71 (1969) Chandra Nighantu # 632: 1350-1351
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Himalayan rhubarb has sharp bitter taste; used as a purgative, astringent tonic, useful in a tonic dyspepsia. powdered roots are used for cleaning teeth; for quick healing of ulcers; for dyeing fabrics. Cooked leaf-stalks: purgative and preservative.

PADBIRI (*PAEDERIA FOETIDA*)

Scientific name	***Paederia foetida*** L., Mant. Pl. 1: 52 (1767). Wall. in Roxb., Fl. Ind. 2: 517 (1824); ed. 2, 1: 683 (1832).
Family	**Rubiaceae**
Common name	Padbiri, Biri (Nep.); (Newa.); Bala, Prabhadra, Prasarani (Sam); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 206 (1979) British Museum (BM) Cent.: *Wall. 6247B*; *Buch.-Ham. s.n.*; *SSW 8925*. East: *Stainton 6629*. Catalogue of Nepalese Vascular Plants # 436.1: 101 (1976) Medicinal Plants of Nepal: 79 (1970) Nepali Nighantu # 140: 47 (1969) Chandra Nighantu # 224: 475
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The plant is bitter, aphrodisiac, tonic, used for inflammation, piles, fever; good for disease of the eye and night blindness; laxative; diuretic, emmenagogue; good for liver and stomach troubles, lumbago; rheumatic affections.

PAINLETI/DESI NEEM (*MURRAYA KOENIGII*)

Scientific name	***Murraya koenigii*** (L) Spreng., Syst. Veg. 2: 315 (1825). Hook. f. in Fl. Br. Ind. (1875)
Family	**Rutaceae**
Common name	Painleti, Desi neem, Parbate neem, Mitha neem (Nep.); (Newa.); Saurabhi-nimba, Surabhinimba (Sans.); Curry leaf tree (Eng.)
Major documentation	Medicinal Plants of Nepal: 48 (Supplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal *2*: 82 (1979) British Museum (BM) West: *Dobremez 1807*. East: fide Rao (1967). Catalogue of Nepalese Vascular Plants # 145.2: 55 (1976) Nepali Nighantu # 409: 130 (1969) Chandra Nighantu # 607: 1300-1301
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves and roots are anthelmintic, analgesic, cure piles, inflamations, and are useful in leucoderma and blood disorders.

PALANS (*BUTEA MONOSPERMA*)

Scientific name	***Butea monosperma*** (Lam.) Kuntze, Rev. Gen. Pl. 1: 202 (1891). Taub. in Engl., Pflfam. III-3: 366 (1894). *Erythrina monosperma* Lam., Encycl. 1:391 (1785).
Family	**Leguminosae**
Common name	Palans, Tesu (Nep.); Palabhi, bhatuswan (Newa.); Lakshataru (Sans.); Flame of the Forest, Bastard teak (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 109 (1979) British Museum (BM) West: *Stainton 6111*. Cent.: *Kanai 670654*. East: *Stainton 6410*. Catalogue of Nepalese Vascular Plants # 225.2: 68 (1976) Medicinal Plants of Nepal: 80 (1970) Nepali Nighantu # 454: 150 (1969) Chandra Nighantu # 81: 163-166
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Pasts of seeds is given as an anthelmintic. Astringent, diuretic, diarrhoea and dysentery, Aslo as poultice in swelling, boils and pimples.

PANCHAUNLE (*DACTYLORHIZA HATAGIREA*)

Scientific name	***Dactylorhiza hatagirea*** (D. Don) Soó [in Ann. Univ. Sci. Budapest, Sect. Biol. 3: 341 (1960), comb. non rite publ.], Nom. Nov. Gen. Dactylorhiza: 4 (1962). *Orchis hatagirea* D. Don, Prodr. Fl. Nepal. : 23 (1825). *Orchis latifolia* var. *indica* Lindl., Gen. Sp. Orchid. Pl.: 260 (1835)
Family	**Orchidaceae**
Common name	Panch aunle, Hatajadi (Nep.); Aralu, Salap (Sans.); Orchid (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 38 (1978) British Museum (BM) West: *PSW 4598.* Cent.: *SSW 5782.* East: *Stainton 950.* Medicinal Plants of Nepal: 88 (1970) Nepali Nighantu # 311: 98 (1969) Chandra Nighantu # 220: 468
Conservation Status	HMG/N protection: Under the Forest Act 1993, crud drugs are ban for collection, uses, sale, distribution, and transportation. IUCN-Category: Not applicable CITES-Category: Appendix II
Traditional uses	Used as farinaceous food, nervine tonic, aphrodisiac, dysentery, diarrhoea, expectorant, astringent, demulcent and chronic fevers.

PANGRA (*ENTADA PHASEOLOIDES*)

Scientific name	***Entada phaseoloides*** (L.) Merr. in Philip. J. Sci. 9: 86 (1914). Bernan in Kew Bull. 10: 164 (1955). *Entada scandens* (L.) Benth. in Hook., J. B. 4:332 (1842).
Family	**Leguminosae**
Common name	Pangra (Nep.); (Newa.); Kakavalli (Sans.); Giant's rattle, Lady nut, Mackay bean (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 120 (1979) British Museum (BM) East: *Stainton 5779*; ***TI*** *6301561* (fr.). Catalogue of Nepalese Vascular Plants # 207.1: 65 (1976) Medicinal Plants of Nepal: 88 (1970) Nepali Nighantu # 424: 136 (1969) Chandra Nighantu # 368: 794-795
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Seeds are used in pains of the joins, in debility and in glandular swellings. Internally used as an emetic.

PASHANVEDH (*BERGENIA CILIATA*)

Scientific name	***Bergenia ciliata*** (Haw.) Sternb., Rev. Saxifr. Su le. 2: 2 (1831). Yeo in Kew Bull. 20: 132 (1966); 26: 52 (1971) *Megasea ciliata* Haw., Saxifr. Enum. 7 (1821). *Bergenia ligulata* var. *ciliata* (Royle) Engl. in. B. Zeit. 26: 841 (1868). *Bergenia ligulata* (Wall.) Engl. in B. Zeit. 26: 840 (1868)
Family	**Saxifragaceae**
Common name	Pakhanbhed, Pashanbhed (Nep.); (Newa.); Pashanbhed, Ashamabhed (Sans.); Rock foil (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*:150 (1979) British Museum (BM) West: *PSW 3679 & 743*. Cent.: *Wall. 449.1* (neotype of *M. ligulata*); *E. Gardner s.n.* (lectotype of *Saxifraga ligulata*); *SSW 226*. Catalogue of Nepalese Vascular Plants # 310.1: 82 (1976) Medicinal Plants of Nepal: 83 (1970) Nepali Nighantu # 141: 47 (1969) Chandra Nighantu # 296: 644-645
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Rhizomes and root are bitter, astringent, diuretic, demulcent, aphrodisiac; also used to cure fever, diarrhoea, pulminary affections and renal and muscular calculus, also after childbirth and applied to boils and ophthalmia etc.

PIPALA (*PIPER LONGUM*)

Scientific name	***Piper longum*** L., Sp. Pl. 29 (1753). Roxb., Fl. Ind. 1: 156 (1820); ed. 2, 1: 156 (1832). Hook. f. in fl. Br. Ind. 5: 83 (1886). Ohashi in Fl. E. Him. 43 (1966).
Family	**Piperaceae**
Common name	Pipala, Murjhang, Pipalamul (Nep.); Pipee (Newa.); Aswotha, Krishnapi ali (Sans.); Long pe er (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 181 (1982) British Museum (BM) West: *Nicolson 2832.* Cent.: *Fell 12* East: ***TI** 6301870.* Catalogue of Nepalese Vascular Plants # 822.1: 160 (1976) Medicinal Plants of Nepal: 83 (1970) Nepali Nighantu # 180: 59 (1969) Chandra Nighantu # 162: 335-336
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used in stomachic, laxative, anthelmintic, carminative, bronchitis, abdominal pains, alterative, fever, cold, asthma, urinary discharges, tumors, piles, insomnia, jaundice, and for gout and rheumatism.

PUNARNAVA (*BOERHAVIA DIFFUSA*)

Scientific name	***Boerhavia diffusa*** L., Sp. Pl. 3 (1753). Hara in Fl. E. Him. 78 (1966). C. R. Rao in Ind. For. 93: 53 (1967).
Family	**Nyctaginaceae**
Common name	Punarnava (Nep.); Punarnava, Pundhana (Newa.); Punarnava, Punarnabhu, Sothagni (Sans.); Spreading Hogweed (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 167 (1982) British Museum (BM) West: *PSW 4000.* Cent.: *SSW 2537.* East: *Stainton 38 ; TII 6306985.* Catalogue of Nepalese Vascular Plants # 792.1: 154 (1976) Medicinal Plants of Nepal: 86 (1970) Nepali Nighantu # 169: 55-56 (1969) Chandra Nighantu # 172 & 173: 359-362
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bitter, stomachic, diuretic, laxative, expectorant, diaphoretic and emetic. Root purgative, anthelmintic, and used in asthama, oedema, anaemia, jaundice, ascites, anasarca, internal inflamation etc. The plant is also used in improving vision.

PUSKARAMUL (*INULA RECEMOSA*)

Scientific name	***Inula recemosa*** Hook. f. in Fl. Br. Ind. 3: 292 (1881). Kitam. in F. & Fl. Nep. Him. 261 (1955).
Family	**Compositae**
Common name	Puskarmul (Nep.); (Newa.); (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 31 (1982) British Museum (BM) West: *PSW 2466.* Cent.: *SSW 1488, 2005 & 8090; Nakao s.n.* (cult). East: *Dhwoj 86.* MedicinalPlants of Nepal: 54 (1970) Nepali Nighantu # 229: 73-74 (1969) Chandra Nighantu # 468: 1010-1011
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used as expectorant and as resolvent in duration, as tonic, and stomachic.

RAASNA (*INULA CAPPA*)

Scientific name	***Inula cappa*** (Buch.-Ham. ex D. Don) DC., Prodr. 5: 469 (1836). C. B. Clarke, Comp. Ind. 124 (1876).
Family	**Compositae**
Common name	Raasna (Nep.); (Newa.); (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 30 (1982) British Museum (BM) West: *PSW 3217 & 3773; Tabata et al. 2560.* Cent.: *Buch.-Ham. s.n.* (type of *Conyza. ca a*); *Wall. 2992 & 3013*; *Stainton 5622*; *SSW 7679 & 8403; Nakao s.n.*; *Suehiro 489; TI 670053.* East: *Stainton 1436 & 1554*; *TI 6306284*; *Nishioka 901*. Catalogue of Nepalese Vascular Plants # 494.1: 110 (1976) Chandra Nighantu # 378: 816-817
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Used in rhumatism and arthritis.

RAJBRIKSHA (*CASSIA FISTULA*)

Scientific name	***Cassia fistula*** L., Sp. Pl. 377 (1753). Roxb., Fl. Ind. ed. 2, 2: 333 (1832). Baker in Fl. Br. Ind. 2: 261 (1878).
Family	**Leguiminosae**
Common name	Rajbriksha (Nep.); Diphvah (New.); Rajbrikshya, Amaltas (Sans.); Indian laburnum (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 111 (1979) British Museum (BM) West: *PSW 5939* (fr.). Cent.: *SSW 583.* East: *Williams 270; TI 6301616 (fr.).* Catalogue of Nepalese Vascular Plants 213.1: 66 (1976) Medicinal Plants of Nepal: 118 (1970) Nepali Nighantu # 417: 133 (1969) Chandra Nighantu # 153-154: 317-320
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Fruit pulp is used as purgative, tonic and febrifuge and also in heart diseases. Root is generally given as a tonic and febrifuge and purgative and useful in skin diseases, leprosy. Leaves are laxative, heal ulcers.

RATI GEDI (*ABRUS PRECATORIUS*)

Scientific name	***Abrus precatorius*** L., Syst. Nat. ed., 12, 2:472 (1767).
Family	**Leguminosae**
Common name	Rati gedi, Lal gedi (N); Gunja (S); Crab's eye, Jamaica wild liquorice (E).
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 103 (1979) British Museum (BM) West: *PSW 1276*. East: ***TI** 727142* (fr.). Catalogue of Nepalese Vascular Plants # 216.1: 66 (1976) Medicinal Plants of Nepal: 117 (1970) Nepali Nighantu # 748: 271 (1969) Chandra Nighantu # 191: 399-400
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Fruits are bitter, acrid, aphrodisiac, useful in eye disease, cure leucoderma. Seeds are purgative, but in large doses are an acrid poison, also use to prevent conception.

RITTHÁ (*SAPINDUS MUKOROSSI*)

Scientific name	***Sapindus mukorossi*** Gaertn., Fruct. 1: 342, t. 70, f. 3 g, h (1788). Hiern in Fl. Br. Ind. 1: 683 (1875).
Family	**Sapindaceae**
Common name	Ritthá (Nep.); Hathan (Newa.); Aristha (Sans.); Soap-nut (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 96 (1979) British Museum (BM) West: *PSW 5814*. Cent.: East: *TI 6301174* (fr.); *S &W 8354* (fr.). Catalogue of Nepalese Vascular Plants # 185.1: 62 (1976) Medicinal Plants of Nepal: 12 (1970) Nepali Nighantu # 426: 137 (1969) Chandra Nighantu # 121: 246
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Fruits used as expectorant, used in salivation, chlorosis, epilepsy etc.

RUDRAKCHYA (*ELAEOCARPUS SPHAERICUS*)

Scientific name	***Elaeocarpus sphaericus*** (Gaertn.) K. Schum. in Engl., Pflfam. III-6: 5 (1890). Santapau in Rec. B. Surv. Ind. 16: 32 (1955). *Ganitrus sphaericus* Gaertn., Fruct. 2: 271, t. 139 (1791). Wight, Ic. Pl. Ind. Or. 1:66 (1838). *Elaeocarpus ganitrus* Roxb. ex G. Don, Gen. Syst. 1: 559 (1831). Roxb., Fl. Ind. ed. 2, 2:592 (1832).
Family	**Elaeocarpaceae**
Common name	Rudrakchya (Nep.); Rudrakchya (Newa.); Rudraksha, Nilakanthaksha (Sans.); Utrasum Bead Tree (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 72 (1979) British Museum (BM) Cent.: *SSW 5258*. East: *Williams 1806*. Catalogue of Nepalese Vascular Plants # 126.1: 52 (1976) Medicinal Plants of Nepal: 122 (1970) Nepali Nighantu # 584: 200 (1969) Chandra Nighantu # 184: 383-384
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Fruits used in diseases of the head and epileltic fits.

SANO CHILYA (*SIDA RHOMBIFOLIA*)

Scientific name	***Sida rhombifolia*** L., Sp. Pl. 684 (1753). Roxb., Fl. Ind. ed. 2, 3:176 (1832). Masters in Fl. Br. Ind. 1: 323 (1874).
Family	**Malvaceae**
Common name	Sano chilya (Nep.); (Newa.); (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 68 (1979) British Museum (BM) Cent.: *Codrington 377*. East: *Wiraber 123;* ***TI*** *6300759.* Catalogue of Nepalese Vascular Plants # 115.3: 50 (1976) Medicinal Plants of Nepal: 138 (1970)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves pounded and applied on sewellings. Stem-mucilaginous, used as emulcent and emollient, both internally and externally, Root considered valuable in rheumatism.

SARPAGANDHA (*RAUWOLFIA SERPENTINA*)

Scientific name	***Rauwolfia serpentina*** (L.), Benth. ex Kurz, For. Fl. Br. Burma 2:171 (1877) *Ophioxylon serpentinum* L., Sp. Pl. 1043 (1753)
Family	**Apocynaceae**
Common name	Sarpagandha, Chandmaruwa (Nep.); Sarpagandha (Sans.); Serpentine (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 84 (1982) British Museum (BM) Cent.*: SSW 566;* Nicolson *2897.* (fr.). East*: W & S 8496* (fr.). *Warber 154.* Catalogue of Nepalese Vascular Plants # 580.1: 124 (1976) Medicinal Plants of Nepal: 46 (1970) Nepali Nighantu # 301: 95-96 (1969)
Conservation Status	HMG/N protection: Crud drugs are banned for export by HMG/N under the Forest Act 1993. IUCN-Category: Not applicable CITES-Category: Appendix II
Traditional uses	Used as anti-hypertensives and sedatives remedy in painful affections of the bowels, decoction employed in labour to increase uterine contractions.

SATUWA (*PARIS POLYPHYLLA*)

Scientific name	***Paris polyphylla*** Smith in Rees, Cyclop. 26: Paris n. 2 (1813). D. Don, Prodr. Fl. Nepal.: 49 (1825).
Family	**Liliaceae**
Common name	Satuwa (Nep.); (Newa.); (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 76 (1978) British Museum (BM) Cent.: *Buch.-Ham. s.n.* (type); *SSW 2591*. East: *McCosh 37*. Catalogue of Nepalese Vascular Plants # 958.1: 181 (1976) Medicinal Plants of Nepal: 136 (1970)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Rhizome used as anthelmintic and vermifuse; also used as tonic.

SIKAKAI (*ACACIA RUGATA*)

Scientific name	***Acacia rugata*** (Lam.) Voigt, H. Suburb. Calcut. 263 (1845). *Acacia concinna* (Willd.) DC., Prodr. 2: 464 (1825).
Family	**Leguminosae**
Common name	Sikakai, Rasula (Nep.); Saptala, Charmakasa (Sans.); (Newa.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 104 (1979) British Museum (BM) West: *PSW 602*. Cent.: *Stainton 5234*. Medicinal Plants of Nepal: 139 (1970) Nepali Nighantu # 425: 137 (1969)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Pods are used as expectorant, purgative, anthelmintic, antidiarrhoeal and emetic. The leaves are used as cathartic and in billiousnes. Pods and leaves are used for hair growth and malarial fever.

SILPIKAN (*CRATEVA UNILOCULARIS*)

Scientific name	***Crateva unilocularis*** Buch.-Ham. in Tr. Linn. S. 15: 121 (1827). Jacobs in Blumea 12: 193 (1964). *Crataeva religiosa* auct. non Forst: Bull. Dept. Med. Pl. Nep. 7: 44 (1976).
Family	**Capparaceae**
Common name	Silpigan, Silpikan (Nep.); Khai chovh (Newa.); Varun (Sans.); Holy garlic pear, Garlic pear (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 46 (1979) British Museum (BM). Cent.: *SSW 2425.* East: *Stainton 5753.* Catalogue of Nepalese Vascular Plants # 73.1: 44 (1976) Medicinal Plants of Nepal: 140 (1970) Nepali Nighantu # 446: 146 (1969) Chandra Nighantu # 122: 248
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bark- demulcent, stomachic, laxative, diuretic, antipyretic, alterative, tonic, useful in calculus affections. Leaves decoction are used in urinary infection. Fresh leaves and root bark has rubefacient properties.

SILTIMUR (*LINDERA NEESIANA*)

Scientific name	***Lindera neesiana*** (Wall. ex Nees) Kurz, Prelim. Rep. For. Veg. Pegu, A A. 103 (1875); For. Fl. Br. Burma 2: 309 (1877). Hook. f in Fl. Br. Ind. 5: 186 (1886).
Family	**Lauraceae**
Common name	Siltimur (Nep.); Katabashi (Newa.); Tejphal (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 184 (1982) British Museum (BM). Cent.: *Wall. 2558* (type); *SSW 9149.* East: *Stainton 6599*; ***TI*** *6306902.* Catalogue of Nepalese Vascular Plants # 829.4: 161 (1976) Medicinal Plants of Nepal: 142 (1970) Nepali Nighantu # 592: 204 (1969) Chandra Nighantu # 697: 1480-1481
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves and fruits are used in the treatment of skin diseases. Bark and root powders are used to relieve pain.

SIMAL (*BOMBAX CEIBA*)

Scientific name	***Bombax ceiba*** L., Sp. Pl. 511 (1753). Robyns in Bull. Jard. B. Beig. 33: 88 (1963). Bull. Dept. Med. Pl. Nep. 1: 7 (1967). *Bombax malabaricum* DC., Prodr. 1: 479 (1824). Wall., Cat. 50, n. 1840 (1829). *Salmalia malabaricum* (DC.) Schott & Endl., Meletem. B. 35 (1832).
Family	**Bombacaceae**
Common name	Simal (Nep.); Simbahsi (Newa.); Shalmali-Puspa, Rakta-puspa; Mochras, Shalminiyars (Gum or reisn) (Sans.); Silk cotton tree (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 69 (1979) British Museum (BM) Cent.: *SSW 9245.* East: ***TI*** *6300726.* Catalogue of Nepalese Vascular Plants # 118.1: 51 (1976) Medicinal Plants of Nepal: 144 (1970) Nepali Nighantu # 356 - 357: 112 (1969) Chandra Nighantu # 151: 311-314
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Root and bark-emetic, stimulant, tonic; gum - aphrodisiac, demulcent, dysentery, astringent, tonic. Flower decoction used in dysentery, stomach troubles, and leucorrhoea etc.

SIMALI (*VITEX NEGUNDO*)

Scientific name
Vitex negundo L., Sp. Pl. 638 (1753). Roxb. Fl. Ind. ed. 2, 3: 70 (1832).

Family
Verbinaceae

Common name
Simali, Nirgundhi, Nilosiwali (Nep.); (Newa.); Nilanirgundi, Nirgundi, Shephali (Sam); Five-leaved chastetree; negundo chastetree (Eng.)

Major documentation
An Enumeration of the Flowering Plants of Nepal *3*: 148 (1982)
British Museum (BM) West: *PSW 1250*. Cent.: *SSW 5212*. East: ***TI*** *6303516* (fr.).
Catalogue of Nepalese Vascular Plants # 746.1: 148 (1976)
Medicinal Plants of Nepal:141 (1970)
Nepali Nighantu # 111: 37 (1969)
Chandra Nighantu # 124: 252

Conservation Status

HMG/N protection:	Not applicable
IUCN-Category:	Not applicable
CITES-Category:	Not applicable

Traditional uses
Leaves used in common cold, fever, enteritis, rhumatism, diarrhoea, vaginal discharge, eczema, dermatiti. Fruits used in cough, asthma, epigastric pain, dyspepsia, diarrhoea. Root and stems used in cough due to bronchitis, fever, general fatigue.

SINDHURE (*MALLOTUS PHILIPPENSIS*)

Scientific name	***Mallotus philippensis*** (Lam.) Muell.-Arg. in Linnaea 34: 196 (1865). Hook f. in Fl. Br. Ind. 5: 442 (1887).
Family	**Euphorbiaceae**
Common name	Sindhure, Rhohini, Kamala, Kampillaka (Nep.); Sansuh, Phalisi (Newa.); Kamphinna, Kampillaka, Rechan, Raktang (Sans.); Kamala (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 197 (1982) British Museum (BM) West: *Nicolson 2785*. Cent.: *W & S 8141*. East: *Nicolson 3144*; ***TI*** *6306766.* Catalogue of Nepalese Vascular Plants # 874.3: 167 (1976) Medicnal Plants of Nepal: 123 (1970) Chandra Nighantu # 292: 401-402
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Red powder on the fruit is used as anthelmintic, heals ulcer and wound and also used as purgative and in scabies.

SOMALATA (*EPHEDRA GERARDIANA*)

Scientific name	***Ephedra gerardiana*** Wall. [Numer. List: 207, n. 6048 (1832), nom. nud.] ex Stapf in Akad. Wiss. Wien. Math. Naturwiss. Kl. Denkschr. 56 (2): 75, t. 3, f. 18 (1889).
Family	**Ephedraceae**
Common name	Somalata (Nep.); (Newa.); Somalata (Sans.); Ephedra (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 24 (1978) British Museum (BM) West: *PSW 2194.* Catalogue of Nepalese Vascular Plants 15.1: 30 (1976) Medicinal Plants of Nepal: 147 (1970) Nepali Nighantu # 30: 12 (1969) Chandra Nighantu # 727: 1548-1549
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Very much used to cure asthma, cough and cold.

SUGANDHAKOKILA (*CINNAMOMUM GLAUCESCENS*)

Scientific name	***Cinnamomum glaucescens*** (Ness) Hand.-Mazz. in Oesterr. B. Zeits. 85: 214 (1936). *Cecidodaphne glaucescens* Ness in Wall., Pl. As. Rar. 2: 70 (1831).
Family	**Lauraceae**
Common name	Sugandhakokila, Malagiri (Nep.); (Newa.); Malagiri (Sans.); Sugandhakolila (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 183 (1982) British Museum (BM) West: *Stainton 6197.* East: *Stainton 6532.* Chandra Nighantu # 584: 1254-1255
Conservation Status	HMG/N protection: Under the Forest Act 1993, Fruits are banned for export. IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Essential oils are used in perfumery and cosmetic preparation. Locally it is used in various skin diseases.

SUGANDAWALA (*VALERIANA JATAMANSI*)

Scientific name	***Valeriana jatamansi*** Jones in As. Research. 2 : 405, f. & 416 (1790). *Valeriana villosa* Wall., Cat. 14, n.433 (1829), nom. nud. *Valeriana wallichii* DC., Prodr. 4 : 640 (1830); Mém. Fam. Valérian.
Family	**Valerianaceae**
Common name	Sugandhawal (Nep.); Tagara, Walenm, Bahistham (Sans.); Valerian (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 209 (1978) British Museum (BM) West: *PSW 2016*. Cent.: *SSW 2571; TI 63425*. East: *Stainton 3737*. Catalogue of Nepalese Vascular Plants # 446.2: 103 (1976) Medicinal Plants of Nepal: 145 (1970) Nepali Nighantu # 500: 166 (1969) Chandra Nighantu # 6: 11-12
Conservation Status	HMG/N protection: Under the Forest Act 1993, Crud drugs are banned for export. IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The dried rhizomes are used in perfumes and hair preparation, as incense, as remedy for hysteria, hypochondriasis, nervous unrest and emotional trouble, as carminative, sedative.

SUNPATI (*RHODODENDRON ANTHOPOGON*)

Scientific name	***Rhododendron anthopogon*** D.Don in Mem. Wern. Nat. Hist. S. 3: 409 (1821); Prodr. Fl. Nep. 153 (1825). Wall., Cat. 22, n. 759 (1829).
Family	**Ericaceae**
Common name	Sunpati, Dhup (Nep.); (Newa.); (Sans.); Anthopogon leaf (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 56 (1982) British Museum (BM) West: *PSW 4*. Cent.: *Wall. s.n.* (type); *Lowndes 950*. East: *Stainton 270*. Catalogue of Nepalese Vascular Plants # 547.1: 117 (1976) Medicinal Plants of Nepal: 71 (1970) Nepali Nighantu # 665: 232 (1969)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves are aromatic, used in incense, stimulant. Essential oil obtained from leaves are used in high grade perfume.

SUTHO (*ZINGIBER OFFICINALE*)

Scientific name	***Zingiber officinale*** (Willd.) Roscoe in Trans. Linn. Soc. 8:348 (1807)
Family	**Zingiberaceae**
Common name	Sutho, Aduwa (Nep.); Palu (Newa.); Ardraka, shringaber (Sans.); Ginger, Dry ginger (Eng.)
Major documentation	Medicinal Plants of Nepal: 3 (1970) Nepali Nighantu # 184: 60 (1969) Chandra Nighantu # 201: 421-424
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Stimulant, diaphoretic, spasmolytic, carminative, and flavouring agent, given in dyspepsia and flattulence colic, prescribed as adjunct to many tonic and stimulating remedies. Decoction beneficial for colds. Used in common cold, vomiting, productive cough. Sutho used in gastralgia due to cold, vomiting and diarrhoea and indistinct pulse and cold extremities. Apart form medicinal uses it is use as a regular spice in Nepal cuisine.

TALISPATRA/LOTH SALLA (*TAXUS BACCATA* L. SUBSP. *WALLICHIANA*)

Scientific name	***Taxus bacata*** L., Sp. Pl.: 1040 (1753). subsp. *wallichiana* (Zucc.) Pilger in Engler, Pfl. -reich IV-5, Ht. 18: 112 (1903). Satake in Hara, Fl. E. Himal.: 40 (1966); op. cit. 2: 11 (1971). *Taxus wallichiana* Zucc. in Abh. Bayer. Akad. Wiss. 3: 803, t. 5 (1843). Kitamura in Kihara., Fauna & Fl. Nepal Himal.: 81 (1955).
Family	**Taxaceae**
Common name	Talispatra, Laudh salla, Thuner, Silangi, Singhi (Nep.); (Newa.); Sthaunek, Shukapuspa (Sans.); Himalayan Yew (Eng.)
Major documentation	Medicinal Plants of Nepal: 44 (Supplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal *1*: 28 (1978) British Museum (BM) West: *PSW 1873*. Cent.: *SSW 7832*. East: *Stainton 4496*. Catalogue of Nepalese Vascular Plants # 4.1: 28 (1976) Nepali Nighantu # 661: 231 (1969) Chandra Nighantu # 314: 684
Conservation Status	HMG/N protection: Under the Forest Act 1993, raw materials are banned for export without processing. IUCN-Category: Not applicable CITES-Category: Appendix II
Traditional uses	Wood- as an incense. Leaves tincture use for the treatment of headahce, giddiness, feeble, and falling pulse, coldness of the extremities, diarrhoea and severe biliousness. The leaves are credited with emmenagogue and antispasmodic properties. Used for the treatment of hysteria, epilepsy and nervousness. Taxol (extract of leaves and bark) are used as an anti cancer drug in modern medicine.

TALMAKHANA (*HYGROPHILA AURICULATA*)

Scientific name	***Hygrophila auriculata*** (Schumach.) Heine in Kew Bull. 16:172 (1962). *Asteracantha longifolia* (L.) Nees in Wall., Pl. As. Rar. 3: 90 (1832). *Hygrophila spinosa* T. Anders. in Thwaites, Enum. Pl. Zeyl. 225 (1860).
Family	**Acanthaceae**
Common name	Talmakhan (Nep.); (Newa.); Atichhatra, Ikshura, Kokilachya (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 141 (1982) British Museum (BM) West: *Stainton 6112.* Cent.: *Codrington 365.* East: ***TI 6303680.*** Catalogue of Nepalese Vascular Plants # 719.1: 144 (1976) Medicinal Plants of Nepal: 62 (1970) Nepali Nighantu # 122: 40 (1969) Chandra Nighantu # 443: 958-959
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves - Oleagenous, tonic, aphrodisiac, hypnotic; useful in diarrhoea and dysentery, thirst, urinary calculi, urinary discharges, inflammations, biliousness; good for cough, and in laumbago and pains in the joints. Seeds - Cooling, tonic, useful in diseases of the blood and biliousness. Seeds are given for gonorrhoea.

TANKI (*BAUHINIA PURPURIA*)

Scientific name	***Bauhinia purpuria*** L., Sp. Pl. 375 (1753). Roxb., Fl. Ind. ed. 2, 2: 320 (1832). Baker in Fl. Br. Ind. 2: 284 (1878).
Family	**Leguminosae**
Common name	Tanki (Nep.); (Newa.); Rakta-pushpa kovindara (Sans.); Bauhinia (Eng.)
Major documentation	Medicinal Plants of Nepal: 20 (Supplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal *2*: 108 (1979) British Museum (BM) West: *PSW 5907.* Cent.: *SSW 7567.* East: *Mc Cosh 179; TI 6301573.* Catalogue of Nepalese Vascular Plants # 211.2: 65 (1976) Nepali Nighantu # 416: 133 (1969) Chandra Nighantu # 472: 1018-1019
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Bark- used as antidiarrhoeic, antidysenteric and astringent.

TATELO (*OROXYLUM INDICUM*)

Scientific name	***Oroxylum indicum*** (L.) Kurz, For. Fl. Br. Burma 2: 237 (1877). C. B. Clarke in Fl. Br. Ind. 4: 378 (1884).
Family	**Bignoniaceae**
Common name	Tatelo (Nep.); Balchee (Newa.); Syonak (Sans.); Trumpet flower (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 137 (1982) British Museum (BM) West: *PSW 5815*. Cent.: *SSW 4131*. East: ***TI*** *6303470* (fr.). Catalogue of Nepalese Vascular Plants # 702.1: 142 (1976) Medicinal Plants of Nepal: 58 (1970) Nepali Nighantu # 413: 131 (1969) Chandra Nighantu # 141: 289-290
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Stem and bark used in rheumatism; fruit - carminative, stomachic, purgative, astringent, tonic. Root bark is one of the ingredients of "*Dasamul*"of Ayurvedic preparation; decoction of root bark is used in diarrhoea and dysentery.

TEJPAT/DALCHINI (*CINNAMOMUM TAMALA*)

Scientific name	***Cinnamomum tamala*** (Buch.-Ham.) Nees & Eberm., Handb. Med.-pharm. B. 2:426 (1831). Nees in Wall., Pl. As. Rar. 2: 75 (1831).
Family	**Lauraceae**
Common name	Tejpat (Nep.); Dalchini (brk.) (Nep.);Tejpat (lf.), Dalchini (brk.) (Newa.); Tamal, Tuj, Twak. Tacho (Sans.); Indian cassia, Cinnamomum leaves and bark (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 183 (1982) British Museum (BM) West: *Bis Ram. 317*; *Stainton 6300*. Cent.: *SSW 266; Stainton 6258*. East: *Stainton 5956*. Catalogue of Nepalese Vascular Plants # 827.3: 160 (1976) Medicinal Plants of Nepal: 64 (1970) Nepali Nighantu # 234 - 236: 75 (1969) Chandra Nighantu # 130: 263-266
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Leaves and bark- aromatic, astringent stimulant and carminative; used in rheumatism, colic, diarrhea; useful for checking nausea and vomiting.

THULO OKHATI (*ASTILBE RIVULARIS*)

Scientific name	***Astilbe rivularis*** Buch.-Ham. ex D. Don, Prodr. Fl. Nep. 211: (1825).
Family	**Saxifragaceae**
Common name	Thulo Okhati, Budho Okhati (Nep.).
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 149 (1979) British Museum (BM) West: *PSW 5089.* Cent.: *Buch.-Ham. s.n.* (*type of A. rivularis*); *SSW 6704.* East: ***TI*** *6303230* (fr.). Catalogue of Nepalese Vascular Plants # 309.1: 82 (1976)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Use as a tonic, powder of rhizomes are administered in pre and post pregnancy.

TIMUR (*ZANTHOXYLUM ARMATUM*)

Scientific name	***Zanthoxylum armatum*** DC., Prodr. 1: 727 (1824). Hartley in J. Arn. Arb. 47: 211 (1966). Kanai in Fl. E. Him. 171 (1966). *Zanthoxylum alatum* Roxb., [H. Beng. 72 (1814), nom. nud.] Fl. Ind. ed. 2, 2: 768 (1832).
Family	**Rutaceae**
Common name	Timur (Nep.); Tebu (Newa.); Tumburu, Tejobati, Tejsweni (Sans.); Toothache tree (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *2*: 83 (1979) British Museum (BM) West: *PSW 1904*; *Nicolson 2496*. Cent.: *SSW 5418*. East: *Stainton 73; S&W 8477* (fr.); *TI 6301102* (fr.). Catalogue of Nepalese Vascular Plants # 148.2: 56 (1976) Medicinal Plants of Nepal: 59 (1970) Nepali Nighantu # 583: 199 (1969) Chandra Nighantu # 138: 281-282
Conservation Status	HMG/N protection: Not applicable IUCN-Category Not applicable CITES-Category Not applicable
Traditional uses	Fruits and seed are used as carminative, stomachic and anthelmintic, in tooth powder and dental troubles and for scabies, insec-repellents. Tonic in fever and dyspepsia. The bark is also used to intoxicated fish.

TITE PATI (*ARTEMISIA INDICA*)

Scientific name	***Artemisia indica*** Willd., Sp. Pl. ed. 4, 3: 1846 (1804). Roxb., Fl. Ind. ed. 2, 3: 419 (1832). *Artemisia vulgaris* auct. non. L.: Roxb., Fl. Ind. ed. 2, 3: 420 (1832), p.p.
Family	**Compositae**
Common name	Tite pati (Nep.); (Newa.); Surparnaa (Sans.); Mug-wort (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 12 (1982) British Museum (BM) Cent.: *Flatt 119.* East: *Beer, Lancaster & Morris 12244; TI 6304107; Poelt s.n.* Catalogue of Nepalese Vascular Plants # 460.4: 105 (1976) Medicinal Plants of Nepal: 63 (1970) Nepali Nighantu # 157: 51 (1969) Chandra Nighantu # 272: 518-582
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Herbs are reported to have emmenagogue, oexrigenic, insecticidal, anthelmintic, antispasmodic, stomachic, purgative activities. Plant cures asthma, itching. Used for delayed or irregular mensturation, anorexia, nurvous dyspepsia, gastritis, rheumatism, bronchitis, fever, headache, and as a remedy for hemorrage and diarrhea. Used in fomentations given in skin diseases and and foul ulcers as an alternative; applied to the head of young childern for the prevention of convulsion.

TUKIPHUL (*TARAXACUM OFFICINALE*)

Scientific name	***Taraxacum officinale*** auct.? an Weber: Hook.f. in Fl. Br. Ind. 3: 401 (1881). Bull. Dept. Med. Pl. Nep. 2: 67 (1969).
Family	**Compositae**
Common name	Tukiphul, Atis (Nep.); (Newa.); (Sans.); Bitterwort, Dandelion root (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 46 (1982) Catalogue of Nepalese Vascular Plants # 520.2: 113 (1976) Medicinal Plants of Nepal: 60 (1970)
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The root is diuretic, tonic, and slightly aperient; used as laxative, antirheumatic and in a remedy of chronic disorders of kidney and liver.

TULASI (*OCIMUM TENUIFLORUM*)

Scientific name	***Ocimum tenuiflorum*** L., Sp. Pl. 597 (1753). Benth,. in DC., Prodr. 12: 39 (1848). *Ocimum sanctum* L., Mant. Pl. 1: 85 (1767). roxb., fl. Ind. 3: 14 (1832).
Family	**Labiatae**
Common name	Tulasi (Nep.); Tulasi (Newa.); Tulasi, Surasa (Sans.); Holy Basil (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 160 (1982) British Museum (BM) Cent.: *SSW 7501*. East: *W & S 8324*. Catalogue of Nepalese Vascular Plants # 775.4: 151 (1976) Medicinal Plants of Nepal: 64 (1970) Nepali Nighantu # 494: 163 (1969) Chandra Nighantu # 183: 381-382
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The plant is pungent and dry; stomachic, anthelmintic, alexcipharmic, antipyretic; useful in diseases of the heart and blood, biliouseness, leucoderma. Leaves are specifically used to reduce the severity of fevers, juice gives lustre to the eye, good for toothache, earache, headache; seed allay thirst; useful in chronic pain in the joints, asthma inflammations and enlarge spleen; seed infusions is used in gonorhoea, diarrhoea and chronic dysentery. It is widely used in cough-cold and influenza.

VAYUVIDANGA (*EMBELIA TSJERIAM-COTTAM*)

Scientific name	***Embelia tsjeriam-cottam*** (Roem. & Schult.) A. DC. in Tr. Linn. S. 17: 131 (1834). *Embelia robusta* Roxb., [H. Beng. 16 (1814), nom. nud.] Fl. Ind. 2: 287 (1824).
Family	**Myrsinaceae**
Common name	Vayuvidanga, Achal, Kalaybogati (Nep.); (Newa.); Bidanga, Krimighna, Chitratratandula (Sans.); (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *3*: 76 (1982) British Museum (BM) West: *PSW 5860* (fr.). Cent.: *W & S 8242*. East: ***TI*** *6305511*. Catalogue of Nepalese Vascular Plants # 556.2: 121 (1976) Nepali Nighantu # 193: 63 (1969) Chandra Nighantu # 188: 391-392
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	The fruit is given as an anthelmintic, and internally for piles. Also used as an antispasmodic and carminative.

VYAKUR (*DIOSCOREA BULBIFERA*)

Scientific name	***Dioscorea bulbifera*** L., Sp. Pl.: 1033 (1753). Burkill in Roy. Bot. Surv. Ind. 4: 134 (1910). *Dioscorea sativa* auct. non L.: Hook. f., Fl. Brit. Ind. 6: 295 (1892), p.p.
Family	**Dioscoreaceae**
Common name	Vyakur, Kukurtarul, Ghunar (Nep.); Bahrahkand (Sans.); Air potato; aerial yam (Eng.)
Major documentation	Medicinal Plants of Nepal: 14 (Supplement Volume, 1984) An Enumeration of the Flowering Plants of Nepal *1*: 67 (1978) British Museum (BM) West: *PSW 5191*. Cent.: *SSW 6401*. East: *Williams 583.* Catalogue of Nepalese Vascular Plants # 992.3: 186 (1976) Nepali Nighantu # 289, 291, 295 & 300: 93-95 (1969) Chandra Nighantu # 338 & 481: 732-733 & 1062-1063
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	used in haemoptysis, epistaxis; pharyngitis; goitre; pyogenic infections, scrofula; orchitis; sprains and injuries.

VYAKUR (*DIOSCOREA DELTOIDEA*)

Scientific name	***Dioscorea deltoidea*** Wall. [Numer. List: 179, n. 5110 (1832), npm. nud.] ex Griseb. in Mart., Fl. Brasil. 3(1): 43 in nota (1842)
Family	Dioscoreaceae
Common name	Vyakur, Kukurtarul, Ghunar (Nep.); Bahrahkand (Sans.); Deltoid Yam (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 67 (1978) British Museum (BM) West: *PSW 110* (fr.). Cent.: *Wallich 5110; SSW 6826* (fl.). East: *Stainton 1469.* Catalogue of Nepalese Vascular Plants # 992.4: 186 (1976) Medicinal Plants of Nepal: 109 (1970) Nepali Nighantu # 289, 291, 295 & 300: 93-95 (1969) Chandra Nighantu # 338 & 481: 732-733 & 1062-1063
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Appendix II
Traditional uses	Used as fish poison, to kill lice, in herbal remedies and for extraction of diosgenin for manufacture of steroid hormones and cortico-steroids.

VYAKUR (*DIOSCOREA PRAZERI*)

Scientific name	***Dioscorea prazeri*** Prain & Burkill in J. Asiat. Soc. Bengal 73, 2, Su l.: 2 (1904); in Ann. Roy. Bot. Gard. Calcutta 14: 29, 202, t. 5 (1936).
Family	Dioscoreaceae
Common name	Vyakur, Kukurtarul, Ghunar (Nep.); Bahrahkand (Sans.); Deltoid Yam (Eng.)
Major documentation	An Enumeration of the Flowering Plants of Nepal *1*: 68 (1978) British Museum (BM) West: *Bis Ram 67* (fide Prain & Burkill). Cent.: *Burkill 28167* (fide Burkill, l.c. 134 (1910). Nepali Nighantu # 289, 291, 295 & 300: 93-95 (1969) Chandra Nighantu # 338 & 481: 732-733 & 1062-1063
Conservation Status	HMG/N protection: Not applicable IUCN-Category: Not applicable CITES-Category: Appendix II
Traditional uses	Used as fish poison, to kill lice, in herbal remedies and for extraction of diosgenin for manufacture of steroid hormones and cortico-steroids.

YARSA GOMBA (*CORDYCEPS SINENSIS*)

Scientific name	***Cordyceps sinensis*** (Berk.) Sacc, in Michelia 1:320 (1878) Syn. *Sphaeria sinensis* Berk., Lond. Journ. Bot. 2:207 (1843)
Family	**Clavicipitaceae (Ascomycetes)**
Common name	Yarsa gomba (Nep.); (Newa.); (Sans.); Cordyseps (Eng.)
Major documentation	Medicinal Plants of Nepal: 116 (1970)
Conservation Status	HMG/N protection: Under the Forest Act 1993, This product is banned for collection, use, sale, distribution, transportation and export. IUCN-Category: Not applicable CITES-Category: Not applicable
Traditional uses	Tonic, aphrodisiac, cardiactonics, expectorant etc.

INDEX

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